



Cantonese-Style Shrimp and Napa Cabbage

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



164 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 1 teaspoon bottled garlic minced
- 1 teaspoon cornstarch
- 2 teaspoons sesame oil dark
- 2 tablespoons cooking sherry dry
- 0.3 cup diagonally cut green onions
- 1 tablespoon bottled ground ginger fresh (such as Spice World)
- 0.3 cup lower-sodium chicken broth fat-free

- 4 cups napa cabbage shredded
- 2 teaspoons vegetable oil; peanut oil preferred
- 0.5 teaspoon salt
- 1 pound shrimp deveined peeled
- 0.5 teaspoon sugar


Equipment

- bowl
- frying pan
- whisk
- wok

Directions

- Combine first 6 ingredients in a small bowl; stir with a whisk.
- Heat a wok or skillet over high heat.
- Add oils to pan; swirl to coat.
- Add shrimp; stir-fry 1 minute.
- Add ginger and garlic; stir-fry 30 seconds.
- Add broth mixture to pan; bring to a boil. Cook 2 minutes or until mixture thickens. Stir in cabbage; cook 1 minute. Top with onions.

Nutrition Facts

 **PROTEIN 59.65%**  **FAT 26.47%**  **CARBS 13.88%**

Properties

Glycemic Index:52.77, Glycemic Load:1.15, Inflammation Score:-5, Nutrition Score:12.084347880405%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 164.48kcal (8.22%), Fat: 4.82g (7.41%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 4.29g (1.56%), Sugar: 1.89g (2.1%), Cholesterol: 182.57mg (60.86%), Sodium: 471.49mg (20.5%), Alcohol: 0.77g (100%), Alcohol %: 0.42% (100%), Protein: 24.42g (48.83%), Vitamin K: 50.61µg (48.2%), Manganese: 0.67mg (33.7%), Phosphorus: 273.62mg (27.36%), Vitamin C: 22.49mg (27.26%), Copper: 0.49mg (24.58%), Folate: 65.69µg (16.42%), Potassium: 573.5mg (16.39%), Calcium: 142.76mg (14.28%), Magnesium: 55.42mg (13.86%), Zinc: 1.8mg (12%), Vitamin B6: 0.21mg (10.46%), Iron: 1.27mg (7.04%), Vitamin A: 326.62IU (6.53%), Fiber: 1.4g (5.6%), Vitamin E: 0.48mg (3.22%), Vitamin B2: 0.05mg (2.93%), Vitamin B1: 0.04mg (2.58%), Vitamin B3: 0.49mg (2.44%), Selenium: 1.42µg (2.03%), Vitamin B5: 0.11mg (1.06%)