



Cap Cai



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 head bok choy chopped
- ☐ 1.5 cups broccoli chopped
- ☐ 1 large carrots thinly sliced
- ☐ 1.5 cups cauliflower chopped
- ☐ 2 tablespoons cornstarch
- ☐ 2 tablespoons fish sauce
- ☐ 4 cloves garlic minced
- ☐ 3 green onions chopped

- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 onion thinly sliced
- ☐ 2 tablespoons oyster sauce
- ☐ 4 servings salt to taste
- ☐ 10 ounces shrimp deveined peeled per pound
- ☐ 3 tablespoons vegetable oil
- ☐ 0.7 cup water
- ☐ 1 teaspoon sugar white

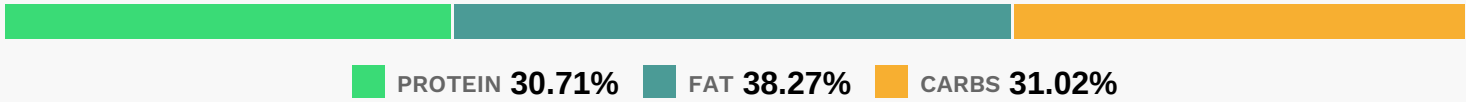
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Heat the vegetable oil in a large saucepan over medium heat. Stir in the garlic and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- ☐ Add the shrimp, bok choy, broccoli, cauliflower, carrot, and green onion.
- ☐ Pour in the water, cover, and cook until the shrimp is no longer translucent in the center and the vegetables are tender, about 15 minutes.
- ☐ Dissolve the cornstarch into the fish sauce in a small bowl. Stir into the cap cai along with the oyster sauce, sugar, and pepper; stir until thickened. Season with salt before serving.

Nutrition Facts



Properties

Glycemic Index:75.48, Glycemic Load:3.07, Inflammation Score:-10, Nutrition Score:28.951739119447%

Flavonoids

Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin:

1.38mg Kaempferol: 12.17mg, Kaempferol: 12.17mg, Kaempferol: 12.17mg, Kaempferol: 12.17mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 12.24mg, Quercetin: 12.24mg, Quercetin: 12.24mg, Quercetin: 12.24mg

Nutrients (% of daily need)

Calories: 251.49kcal (12.57%), Fat: 11.35g (17.46%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 20.69g (6.9%), Net Carbohydrates: 15.59g (5.67%), Sugar: 7.34g (8.16%), Cholesterol: 114.11mg (38.04%), Sodium: 1406.83mg (61.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.48g (40.97%), Vitamin A: 12688.47IU (253.77%), Vitamin C: 147.79mg (179.14%), Vitamin K: 175.36µg (167.01%), Folate: 201.24µg (50.31%), Vitamin B6: 0.67mg (33.62%), Manganese: 0.67mg (33.54%), Calcium: 323.04mg (32.3%), Potassium: 1101.61mg (31.47%), Phosphorus: 293.37mg (29.34%), Magnesium: 101.78mg (25.44%), Copper: 0.42mg (20.84%), Fiber: 5.1g (20.41%), Iron: 2.88mg (15.98%), Vitamin B2: 0.25mg (14.91%), Zinc: 1.78mg (11.87%), Vitamin B1: 0.16mg (10.93%), Vitamin B3: 2.07mg (10.36%), Vitamin E: 1.49mg (9.93%), Vitamin B5: 0.75mg (7.47%), Selenium: 4.08µg (5.83%), Vitamin B12: 0.08µg (1.34%)