



## Chinese Shrimp and Pea Rice Bowl

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 cups rice hot cooked
- 2 tablespoons cornstarch
- 2 small chilies dried hot
- 2 cups fat-skimmed chicken broth
- 2 tablespoons ginger fresh minced
- 4 cloves garlic minced peeled
- 0.8 pound edible-pod peas
- 4 teaspoons rice vinegar

- 2 teaspoons salad oil
- 4 servings salt
- 1 pound shrimp frozen thawed deveined rinsed peeled drained per lb.), and
- 3 tablespoons soya sauce

## Equipment

- bowl
- frying pan
- wok

## Directions

- Rinse peas, drain, and discard stem ends and strings.
- In a small bowl, blend oyster sauce, cornstarch, vinegar, and broth.
- Set a 14-inch wok or 12-inch frying pan over high heat. When pan is hot, add 3 tablespoons water and peas. Cover and stir often until peas are bright green and barely tender to bite, 2 to 3 minutes.
- Drain peas into a bowl.
- Return wok to high heat. When pan is hot, add oil, ginger, garlic, and chilies; stir until chilies begin to brown, about 1 minute.
- Add shrimp and stir frequently until they are barely opaque in thickest part (cut to test), 3 to 4 minutes.
- Add broth mixture; stir until boiling.
- Mix in peas. Scoop rice into bowls and spoon the shrimp mixture equally onto each portion.
- Sprinkle with peanuts and salt to taste.

## Nutrition Facts

 **PROTEIN 27.74%**  **FAT 6.65%**  **CARBS 65.61%**

## Properties

Glycemic Index:65.83, Glycemic Load:75.48, Inflammation Score:-7, Nutrition Score:22.490435113078%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 527.92kcal (26.4%), Fat: 3.85g (5.92%), Saturated Fat: 0.52g (3.24%), Carbohydrates: 85.36g (28.45%), Net Carbohydrates: 79.22g (28.81%), Sugar: 5.53g (6.15%), Cholesterol: 182.57mg (60.86%), Sodium: 1555.33mg (67.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.1g (72.2%), Manganese: 1.65mg (82.51%), Phosphorus: 473.37mg (47.34%), Vitamin C: 35.21mg (42.68%), Copper: 0.82mg (40.81%), Selenium: 22.51µg (32.15%), Magnesium: 105.38mg (26.35%), Zinc: 3.87mg (25.79%), Fiber: 6.14g (24.58%), Vitamin B6: 0.45mg (22.59%), Vitamin K: 22.84µg (21.76%), Vitamin B3: 3.96mg (19.81%), Vitamin B1: 0.3mg (19.77%), Potassium: 684mg (19.54%), Folate: 66.56µg (16.64%), Iron: 2.9mg (16.13%), Vitamin A: 717.11IU (14.34%), Calcium: 131.38mg (13.14%), Vitamin B5: 1.23mg (12.27%), Vitamin B2: 0.19mg (11.47%), Vitamin E: 0.57mg (3.83%), Vitamin B12: 0.23µg (3.78%)