



Chinese Take-Out Shrimp with Garlic



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 2 tablespoons canola oil
- ☐ 0.5 cup chicken broth
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons cooking sherry dry
- ☐ 2 tablespoons fish sauce
- ☐ 1 teaspoon ginger root fresh minced
- ☐ 10 cloves garlic chopped

- ☐ 1 teaspoon ground pepper black
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 1 tablespoon rice vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 cup snow peas
- ☐ 1 tablespoon water
- ☐ 1 cup button mushrooms white

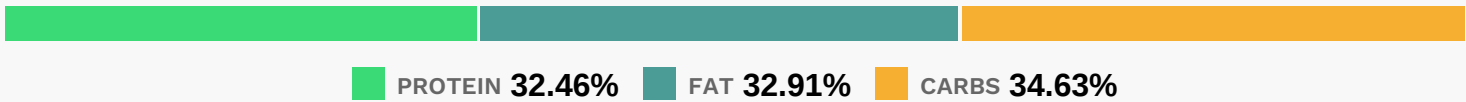
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat oil in wok or large skillet until very hot. Cook and stir garlic and ginger in the hot oil until fragrant, about 30 seconds.
- ☐ Add the water chestnuts, snow peas, mushrooms, red pepper flakes, salt, pepper, and shrimp to the pan. Cook, stirring, until shrimp turns pink, 2 to 3 minutes.
- ☐ Combine the chicken broth, rice vinegar, fish sauce, and dry sherry in a small bowl.
- ☐ Pour into the shrimp mixture; cook and stir briefly to combine.
- ☐ Combine the cornstarch and water and stir into the wok. Stir until sauce has thickened, about 2 minutes.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:0.97, Inflammation Score:-6, Nutrition Score:16.920434708181%

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 Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 235.83kcal (11.79%), Fat: 8.52g (13.11%), Saturated Fat: 0.71g (4.45%), Carbohydrates: 20.17g (6.72%), Net Carbohydrates: 16.59g (6.03%), Sugar: 4.28g (4.76%), Cholesterol: 143.47mg (47.82%), Sodium: 1767.45mg (76.85%), Alcohol: 0.77g (100%), Alcohol %: 0.34% (100%), Protein: 18.9g (37.81%), Selenium: 38.81µg (55.44%), Phosphorus: 344.84mg (34.48%), Vitamin B6: 0.53mg (26.62%), Vitamin E: 3.48mg (23.18%), Vitamin C: 18.75mg (22.73%), Manganese: 0.44mg (22.07%), Vitamin B12: 1.32µg (21.96%), Copper: 0.44mg (21.85%), Vitamin B3: 3.75mg (18.74%), Magnesium: 58.15mg (14.54%), Fiber: 3.57g (14.3%), Potassium: 443.06mg (12.66%), Vitamin K: 13.13µg (12.51%), Vitamin A: 623.76IU (12.48%), Zinc: 1.79mg (11.95%), Folate: 46.19µg (11.55%), Vitamin B2: 0.19mg (11.31%), Iron: 2.03mg (11.27%), Vitamin B5: 1.09mg (10.94%), Calcium: 99.7mg (9.97%), Vitamin B1: 0.11mg (7.54%), Vitamin D: 0.16µg (1.08%)