



Chinese Trinidadian Stir-Fried Shrimp with Rum

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cilantro leaves finely chopped
- 1 tablespoon garlic minced
- 1 tablespoon ginger minced
- 1 large bell pepper green cut into thin strips
- 0.3 teaspoon pepper white
- 0.5 juice of lime
- 3 tablespoons catsup

- 1 small onion cut into thin wedges
- 3 tablespoons rum dark
- 0.5 teaspoon salt
- 1 pound shrimp
- 2 teaspoons soya sauce
- 1 medium tomatoes ripe cut into thin wedges
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- paper towels
- wok
- spatula

Directions

- Using kitchen shears, cut through the shrimp shells two-thirds of the length down the back of the shrimp.
- Remove the legs and devein the shrimp, leaving the shells and tails on. In a medium bowl toss the shrimp with the lime juice for a few seconds. Rinse the shrimp, drain, and set on a plate lined with paper towels. With more paper towels pat the shrimp dry. In a small bowl combine the ketchup, rum, soy sauce, and ground white pepper.
- Heat a 14-inch flat-bottomed wok or 12-inch skillet over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in the oil, add the garlic and ginger, then, using a metal spatula, stir-fry 10 seconds or until the aromatics are fragrant. Push the aromatics to the sides of the wok, carefully add the shrimp and spread them evenly in one layer in the wok. Cook undisturbed 1 minute, letting the shrimp begin to sear.
- Sprinkle on the salt and stir-fry 30 seconds or until the shrimp begin to turn orange.
- Add the tomatoes, bell peppers, and onions and stir-fry 1 minute or until the shrimp have turned almost totally orange. Swirl the ketchup mixture into the wok and stir-fry 1 minute or until the shrimp are just cooked through and the sauce coats the shrimp. Stir in the cilantro.

From Stir-Frying to the Sky's Edge: The Ultimate Guide to Mastery, with Authentic Recipes and Stories by Grace Young. Copyright © 2010 by Grace Young; food photography copyright © 2010 by Mark Needham. Reprinted by permission of Simon & Schuster, Inc, NY.

Nutrition Facts

PROTEIN 47.86% **FAT 33.65%** **CARBS 18.49%**

Properties

Glycemic Index:91, Glycemic Load:2.09, Inflammation Score:-8, Nutrition Score:20.38913030728%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Luteolin: 3.87mg, Luteolin: 3.87mg, Luteolin: 3.87mg, Luteolin: 3.87mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 9.68mg, Quercetin: 9.68mg, Quercetin: 9.68mg, Quercetin: 9.68mg

Nutrients (% of daily need)

Calories: 444.19kcal (22.21%), Fat: 15.14g (23.29%), Saturated Fat: 2.4g (15%), Carbohydrates: 18.72g (6.24%), Net Carbohydrates: 15.62g (5.68%), Sugar: 10.19g (11.32%), Cholesterol: 365.14mg (121.71%), Sodium: 1399.04mg (60.83%), Alcohol: 7.51g (100%), Alcohol %: 1.96% (100%), Protein: 48.46g (96.92%), Vitamin C: 81.65mg (98.96%), Phosphorus: 550.1mg (55.01%), Copper: 1.05mg (52.39%), Vitamin K: 37.49µg (35.7%), Potassium: 1056.18mg (30.18%), Magnesium: 106.57mg (26.64%), Zinc: 3.45mg (23.02%), Manganese: 0.44mg (21.79%), Vitamin B6: 0.38mg (19.06%), Vitamin A: 949.43IU (18.99%), Calcium: 182.13mg (18.21%), Vitamin E: 2.12mg (14.12%), Fiber: 3.1g (12.39%), Iron: 2.07mg (11.51%), Folate: 28.58µg (7.15%), Vitamin B3: 1.43mg (7.14%), Vitamin B1: 0.1mg (6.93%), Vitamin B2: 0.1mg (5.81%), Vitamin B5: 0.25mg (2.53%), Selenium: 0.99µg (1.42%)