



Cilantro Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 cups brown rice hot cooked



1 tablespoon sesame oil dark



2 cups cilantro leaves fresh chopped



2 tablespoons ginger fresh minced peeled



5 garlic cloves minced



3 cups green onions (1-inch)



0.5 teaspoon hot sauce fresh (ground chile paste)



3.5 tablespoons lower-sodium soy sauce

☐ 1 pound shrimp deveined peeled

Equipment

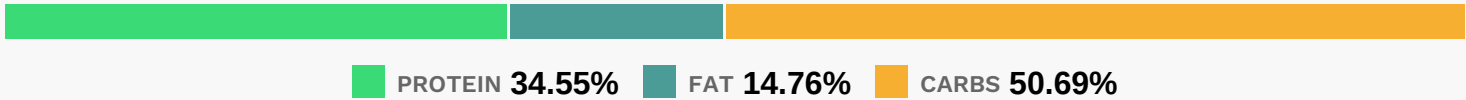
☐ frying pan

☐ wok

Directions

- ☐ Heat a wok or large skillet over high heat; add oil to pan, swirling to coat.
- ☐ Add onions, ginger, and garlic to pan; stir-fry 1 minute.
- ☐ Add shrimp; stir-fry 2 minutes. Stir in soy sauce and chile paste; stir-fry 1 minute or until shrimp are done.
- ☐ Remove pan from heat; add cilantro, stirring constantly until cilantro wilts.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:40.3, Glycemic Load:18.17, Inflammation Score:-9, Nutrition Score:22.948695716651%

Flavonoids

Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 12.31mg, Quercetin: 12.31mg, Quercetin: 12.31mg, Quercetin: 12.31mg

Nutrients (% of daily need)

Calories: 333.99kcal (16.7%), Fat: 5.57g (8.56%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 43.01g (14.34%), Net Carbohydrates: 37.95g (13.8%), Sugar: 2.04g (2.27%), Cholesterol: 182.57mg (60.86%), Sodium: 657.3mg (28.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.31g (58.63%), Vitamin K: 180.6µg (172%), Manganese: 1.93mg (96.3%), Phosphorus: 417.37mg (41.74%), Copper: 0.67mg (33.44%), Magnesium: 133.3mg (33.32%), Vitamin A: 1289.17IU (25.78%), Vitamin C: 17.7mg (21.46%), Potassium: 744.74mg (21.28%), Fiber: 5.06g (20.23%), Zinc: 2.93mg (19.51%), Vitamin B6: 0.35mg (17.55%), Folate: 65.53µg (16.38%), Iron: 2.9mg (16.08%), Calcium: 158.23mg (15.82%), Vitamin B1: 0.21mg (14.02%), Vitamin B3: 2.65mg (13.25%), Vitamin B2: 0.13mg (7.64%), Vitamin B5: 0.75mg (7.49%), Vitamin E: 0.73mg (4.88%), Selenium: 1.16µg (1.65%)