

techniques of

Cook the Book: Stir-Fried Shrimp with Lo Mein and Ginger-Sesame Vinaigrette

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



552 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 mL sesame seeds black toasted
- ☐ 200 grams carrots julienned
- ☐ 280 grams cabbage green julienned
- ☐ 910 grams lo mein noodles fresh
- ☐ 15 mL vegetable oil; peanut oil preferred
- ☐ 55 grams spring onion thinly sliced
- ☐ 300 mL sesame seed

- ☐ 280 grams mushroom caps sliced
- ☐ 1 kilogram shrimp deveined peeled
- ☐ 15 mL sesame seed white toasted

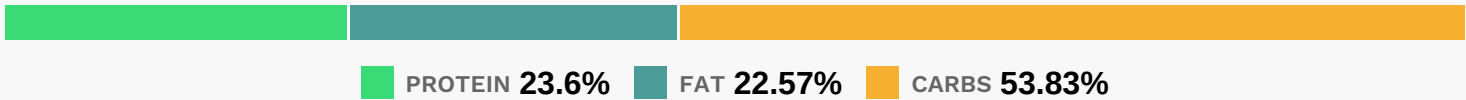
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Toss the shrimp in half of the vinaigrette; let marinate at least 2 hours.
- ☐ Cook the lo mein noodles in boiling, salted water. Shock in an ice bath, drain, and add the remaining vinaigrette; toss.
- ☐ Heat the oil in a wok or large sauté pan.
- ☐ Remove the shrimp from marinade; sear in hot oil.
- ☐ Remove shrimp from pan and reserve. (Keep the shrimp marinade, and use it as necessary while stir-frying the vegetables.)
- ☐ Add the cabbage, carrots, and mushrooms to the hot pan. Stir-fry until vegetables are tender, adding some of the reserved shrimp marinade to moisten as necessary.
- ☐ Return cooked shrimp and any remaining marinade to pan. Toss to evenly distribute and heat through.
- ☐ For each serving, place 6 1/2 ounces (185 grams) of stir-fry on a bed of 3 1/2 ounces (91 grams) lo mein noodles; garnish with scallions and sesame seeds.

Nutrition Facts



Properties

Glycemic Index:25.98, Glycemic Load:2.36, Inflammation Score:-10, Nutrition Score:21.011739181436%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 552.22kcal (27.61%), Fat: 14.12g (21.72%), Saturated Fat: 1.81g (11.29%), Carbohydrates: 75.74g (25.25%), Net Carbohydrates: 69.55g (25.29%), Sugar: 2.7g (3%), Cholesterol: 161mg (53.67%), Sodium: 419.79mg (18.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.2g (66.4%), Vitamin A: 3425.36IU (68.51%), Copper: 1.3mg (65.18%), Phosphorus: 393.28mg (39.33%), Manganese: 0.69mg (34.71%), Vitamin K: 35.31µg (33.63%), Magnesium: 120.9mg (30.22%), Calcium: 290.31mg (29.03%), Fiber: 6.19g (24.77%), Zinc: 3.37mg (22.47%), Iron: 3.95mg (21.96%), Potassium: 573.82mg (16.39%), Vitamin B6: 0.31mg (15.65%), Vitamin C: 12.46mg (15.11%), Vitamin B1: 0.2mg (13.53%), Selenium: 8.93µg (12.76%), Vitamin B3: 2.32mg (11.61%), Folate: 43.29µg (10.82%), Vitamin B2: 0.14mg (8.21%), Vitamin B5: 0.55mg (5.49%), Vitamin E: 0.47mg (3.14%)