

Easy Shrimp Dinner



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cubes chicken bouillon
- ☐ 0.3 cup cornstarch
- ☐ 0.3 cup green onion chopped
- ☐ 8 servings salt to taste
- ☐ 3 pounds shrimp deveined peeled
- ☐ 12 ounces snow peas trimmed
- ☐ 0.3 cup soya sauce
- ☐ 4 small tomatoes diced ripe

☐ 0.3 cup water cold

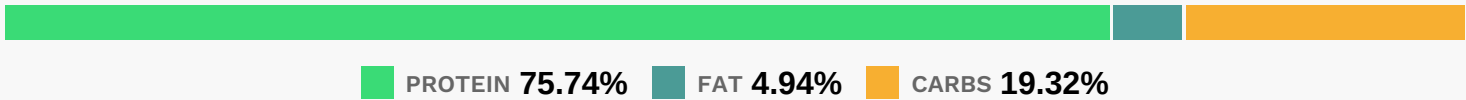
Equipment

☐ sauce pan

Directions

- ☐ In a large saucepan, heat 2 1/2 cups water to a boil over medium-high heat. Dissolve bouillon in boiling water.
- ☐ Add shrimp, green onion, soy sauce and salt. Boil for 3 minutes.
- ☐ Dissolve cornstarch in cold water; stir into shrimp mixture. Cook until sauce is thick, then add tomatoes and snow peas.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:10.63, Glycemic Load:0.58, Inflammation Score:-6, Nutrition Score:12.713913178962%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 191.57kcal (9.58%), Fat: 1.06g (1.63%), Saturated Fat: 0.2g (1.27%), Carbohydrates: 9.34g (3.11%), Net Carbohydrates: 7.49g (2.72%), Sugar: 3.12g (3.47%), Cholesterol: 273.86mg (91.29%), Sodium: 808.07mg (35.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.63g (73.26%), Phosphorus: 408.96mg (40.9%), Vitamin C: 32.53mg (39.43%), Copper: 0.74mg (37.11%), Vitamin K: 22.85µg (21.76%), Magnesium: 78.68mg (19.67%), Potassium: 668.99mg (19.11%), Vitamin A: 882.8IU (17.66%), Zinc: 2.52mg (16.82%), Calcium: 136.59mg (13.66%), Manganese: 0.26mg (12.86%), Iron: 2.15mg (11.93%), Fiber: 1.85g (7.42%), Folate: 28.66µg (7.17%), Vitamin B6: 0.12mg (6.07%), Vitamin B1: 0.09mg (5.81%), Vitamin B3: 0.83mg (4.17%), Vitamin B5: 0.39mg (3.9%), Vitamin B2: 0.06mg (3.36%), Vitamin E: 0.43mg (2.9%)