



Easy Shrimp Stir-Fry

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 small head broccoli
- 2 cups rice hot cooked
- 2.5 teaspoons cornstarch
- 1 slice ginger root fresh thin
- 2 cloves garlic crushed
- 1 teaspoon honey
- 2 tablespoons catsup
- 4 mushrooms quartered

- 1 small onion halved sliced
- 1 bell pepper red sliced
- 0.3 teaspoon pepper flakes red
- 1 teaspoon asian sesame oil toasted ()
- 0.8 pound shrimp cooked
- 2 tablespoons soya sauce
- 2 tablespoons vegetable oil
- 0.5 cup water
- 1 small baby squash yellow sliced
- 1 small zucchini sliced

Equipment

- bowl
- frying pan
- whisk
- wok

Directions

- Whisk water, ketchup, soy sauce, cornstarch, honey, sesame oil, and red pepper flakes in a bowl. Stir shrimp into sauce mixture until coated.
- Heat a wok or a large skillet over medium-high heat and add vegetable oil; cook and stir garlic and ginger in hot oil until fragrant and garlic begins to soften, 1 minute. Discard garlic and ginger, leaving oil in wok. Cook and stir broccoli, red bell pepper, onion, yellow squash, zucchini, and mushrooms in oil until slightly softened, about 5 minutes.
- Stir shrimp and sauce mixture into vegetables; cook and stir until shrimp are hot and sauce has thickened and coated shrimp and vegetables, 3 to 5 more minutes.
- Serve over hot cooked rice.

Nutrition Facts



■ PROTEIN 28.87% ■ FAT 23.03% ■ CARBS 48.1%

Properties

Glycemic Index:97.82, Glycemic Load:28.03, Inflammation Score:-9, Nutrition Score:28.484782567491%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 12.04mg, Kaempferol: 12.04mg, Kaempferol: 12.04mg, Kaempferol: 12.04mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.86mg, Quercetin: 8.86mg, Quercetin: 8.86mg, Quercetin: 8.86mg

Nutrients (% of daily need)

Calories: 350.54kcal (17.53%), Fat: 9.39g (14.44%), Saturated Fat: 1.58g (9.87%), Carbohydrates: 44.12g (14.71%), Net Carbohydrates: 37.92g (13.79%), Sugar: 9.62g (10.69%), Cholesterol: 136.93mg (45.64%), Sodium: 732.79mg (31.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.48g (52.96%), Vitamin C: 186.48mg (226.04%), Vitamin K: 171.75µg (163.57%), Manganese: 0.97mg (48.6%), Vitamin A: 2072.46IU (41.45%), Phosphorus: 385.45mg (38.54%), Folate: 136.64µg (34.16%), Vitamin B6: 0.63mg (31.63%), Potassium: 1090.34mg (31.15%), Copper: 0.6mg (29.95%), Fiber: 6.2g (24.82%), Magnesium: 94.33mg (23.58%), Vitamin B2: 0.4mg (23.41%), Vitamin B5: 1.75mg (17.5%), Zinc: 2.62mg (17.48%), Selenium: 12.24µg (17.48%), Vitamin E: 2.49mg (16.62%), Calcium: 156.77mg (15.68%), Vitamin B3: 3.09mg (15.46%), Iron: 2.49mg (13.84%), Vitamin B1: 0.2mg (13.4%)