



Easy Shrimp Stir-Fry

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup lite asian sesame dressing divided toasted kraft
- 0.3 cup planters cocktail peanuts chopped
- 12 oz california stir-fry vegetables fresh (snow peas, carrots, broccoli)
- 1 lb shrimp deveined uncooked peeled

Equipment

- frying pan

Directions

- Heat 2 Tbsp. dressing in large skillet on medium-high heat.
- Add vegetables; stir-fry 4 min.
- Add shrimp; stir-fry 4 min. or until shrimp turn pink and vegetables are crisp-tender.
- Remove from heat; stir in remaining dressing.
- Sprinkle with nuts.

Nutrition Facts

PROTEIN 37.21% **FAT 43.72%** **CARBS 19.07%**

Properties

Glycemic Index:3.95, Glycemic Load:0.99, Inflammation Score:-6, Nutrition Score:3.980434793493%

Nutrients (% of daily need)

Calories: 78.7kcal (3.93%), Fat: 3.99g (6.14%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 3.92g (1.31%), Net Carbohydrates: 2.72g (0.99%), Sugar: 0.46g (0.51%), Cholesterol: 48.69mg (16.23%), Sodium: 102.74mg (4.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.28%), Vitamin A: 1153.67IU (23.07%), Phosphorus: 89.59mg (8.96%), Copper: 0.16mg (8.06%), Manganese: 0.13mg (6.48%), Magnesium: 20.6mg (5.15%), Fiber: 1.19g (4.78%), Potassium: 154.74mg (4.42%), Zinc: 0.56mg (3.76%), Vitamin B3: 0.67mg (3.36%), Folate: 12.42µg (3.1%), Vitamin K: 3.11µg (2.96%), Vitamin B1: 0.04mg (2.94%), Calcium: 28.66mg (2.87%), Vitamin C: 2.36mg (2.86%), Iron: 0.5mg (2.78%), Vitamin E: 0.28mg (1.85%), Vitamin B6: 0.03mg (1.51%), Vitamin B2: 0.02mg (1.33%)