



## Garlic-Ginger Shrimp

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cups brown rice hot cooked
- 2 tablespoons ginger fresh minced grated peeled
- 3 garlic cloves minced
- 0.3 cup rice wine dry white
- 0.5 cup scallions chopped
- 1 pound shrimp frozen thawed deveined peeled
- 2 tablespoons vegetable oil

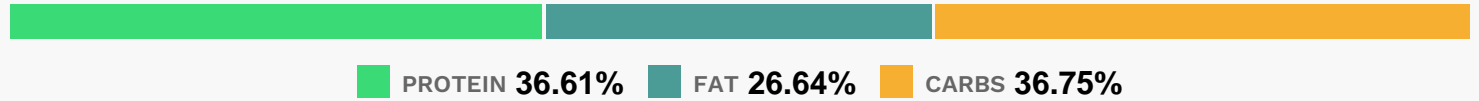
## Equipment

- bowl
- frying pan

## Directions

- Warm vegetable oil in a nonstick skillet over medium heat.
- Add ginger and garlic, and cook, stirring occasionally, 1 minute.
- Add shrimp and rice wine or dry white wine to the pan, and raise the heat to medium-high. Cook 3 minutes more or until the shrimp turn pink on both sides and are opaque.
- Add chopped scallions to pan, and toss well to combine. Divide brown rice and shrimp mixture evenly among 4 serving bowls.

## Nutrition Facts



## Properties

Glycemic Index:36.05, Glycemic Load:11.59, Inflammation Score:-4, Nutrition Score:12.044782576354%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

## Nutrients (% of daily need)

Calories: 288.15kcal (14.41%), Fat: 8.25g (12.69%), Saturated Fat: 1.33g (8.28%), Carbohydrates: 25.6g (8.53%), Net Carbohydrates: 23.4g (8.51%), Sugar: 0.52g (0.57%), Cholesterol: 182.57mg (60.86%), Sodium: 139.51mg (6.07%), Alcohol: 1.54g (100%), Alcohol %: 0.78% (100%), Protein: 25.5g (51%), Manganese: 1.19mg (59.51%), Vitamin K: 38.48µg (36.65%), Phosphorus: 329.7mg (32.97%), Copper: 0.55mg (27.4%), Magnesium: 88.66mg (22.16%), Zinc: 2.23mg (14.86%), Potassium: 445.09mg (12.72%), Calcium: 97.31mg (9.73%), Vitamin B6: 0.19mg (9.69%), Fiber: 2.2g (8.79%), Iron: 1.39mg (7.74%), Vitamin B1: 0.11mg (7.5%), Vitamin B3: 1.42mg (7.1%), Vitamin E: 0.64mg (4.24%), Vitamin B5: 0.42mg (4.19%), Vitamin C: 3.23mg (3.91%), Folate: 12.5µg (3.13%), Vitamin A: 124.83IU (2.5%), Vitamin B2: 0.03mg (1.62%)