



## Garlic-Ginger Shrimp Stir-Fry

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon sesame oil dark
- 1.5 tablespoons ginger fresh minced peeled
- 5 garlic cloves thinly sliced
- 1 cup cut green onions (1-inch)
- 1 cup orange sections ( 2 large oranges)
- 1.5 cups bell pepper red coarsely chopped
- 2 tablespoons rice vinegar
- 1 teaspoon salt

- 3 tablespoons shaoxing dry chinese ( rice wine)
- 3 cups short-grain rice hot cooked
- 1.3 pounds shrimp deveined peeled

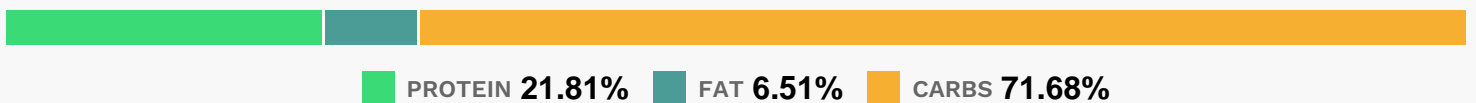
## Equipment

- bowl
- frying pan
- wok

## Directions

- Place shrimp in a bowl; sprinkle with salt, tossing well.
- Let stand 10 minutes.
- Combine oil, ginger, and garlic in a wok or large nonstick skillet.
- Place over medium-high heat; cook 4 minutes or until ginger and garlic begin to brown.
- Add shrimp; stir-fry 2 minutes.
- Add bell pepper; stir-fry 2 minutes.
- Add wine and vinegar; bring to a simmer. Cook 1 minute or until wine mixture is syrupy. Gently stir in orange sections.
- Serve over rice; sprinkle with onions.

## Nutrition Facts



## Properties

Glycemic Index:70.88, Glycemic Load:97.2, Inflammation Score:-10, Nutrition Score:36.410434743632%

## Flavonoids

Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

3.07mg, Quercetin: 3.07mg

## Nutrients (% of daily need)

Calories: 756.31kcal (37.82%), Fat: 5.31g (8.17%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 131.51g (43.84%), Net Carbohydrates: 124.28g (45.19%), Sugar: 7.22g (8.02%), Cholesterol: 228.21mg (76.07%), Sodium: 759.15mg (33.01%), Alcohol: 1.81g (100%), Alcohol %: 0.51% (100%), Protein: 40.02g (80.03%), Vitamin C: 101.46mg (122.98%), Folate: 402.1µg (100.53%), Manganese: 1.79mg (89.54%), Vitamin B1: 0.94mg (62.58%), Vitamin K: 55.03µg (52.41%), Phosphorus: 483.54mg (48.35%), Copper: 0.94mg (46.94%), Iron: 7.84mg (43.53%), Vitamin A: 2100.28IU (42.01%), Vitamin B3: 7.02mg (35.1%), Selenium: 23.83µg (34.04%), Fiber: 7.23g (28.94%), Zinc: 3.88mg (25.83%), Magnesium: 103.15mg (25.79%), Vitamin B6: 0.51mg (25.6%), Vitamin B5: 2.27mg (22.67%), Potassium: 785.58mg (22.45%), Calcium: 143.74mg (14.37%), Vitamin B2: 0.16mg (9.56%), Vitamin E: 1.16mg (7.73%)