



Ginger-Garlic Shrimp

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



4

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons garlic minced
- ☐ 8 quarter-size ginger peeled
- ☐ 4 green onions ends trimmed finely sliced (including green parts)
- ☐ 3 tablespoons rice cooking wine such as shaohsing chinese
- ☐ 1.5 teaspoons salt
- ☐ 1.5 pounds shrimp deveined peeled per lb., tails on)
- ☐ 2 tablespoons vegetable oil

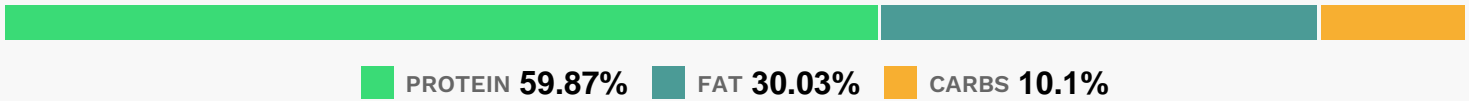
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ In a bowl, sprinkle 1 1/2 teaspoons salt over shrimp and mix gently with your hands, about 1 minute.
- ☐ Pour shrimp into a colander and rinse well with cool water.
- ☐ Pour oil into a large frying pan over medium-high heat.
- ☐ Add ginger and garlic and stir until they sizzle, about 30 seconds.
- ☐ Add shrimp and rice wine; stir constantly until shrimp are almost all pink on the outside, about 2 minutes.
- ☐ Add green onions and stir just until shrimp are opaque in the center (cut to test), about 1 minute longer.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:1.07, Inflammation Score:-3, Nutrition Score:9.5813044050465%

Flavonoids

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 243.75kcal (12.19%), Fat: 7.83g (12.04%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 5.2g (1.89%), Sugar: 0.58g (0.64%), Cholesterol: 273.86mg (91.29%), Sodium: 1079.46mg (46.93%), Alcohol: 1.81g (100%), Alcohol %: 1.03% (100%), Protein: 35.1g (70.2%), Phosphorus: 383.06mg (38.31%), Copper: 0.73mg (36.32%), Vitamin K: 37.46µg (35.68%), Magnesium: 70.15mg (17.54%), Zinc: 2.45mg (16.32%), Potassium: 567.33mg (16.21%), Calcium: 131.7mg (13.17%), Manganese: 0.21mg (10.5%), Iron: 1.27mg (7.05%), Vitamin C: 4.83mg (5.85%), Vitamin B6: 0.1mg (5.21%), Vitamin E: 0.66mg (4.42%), Fiber: 0.72g (2.87%), Vitamin A: 120.18IU (2.4%), Folate: 9.4µg (2.35%), Selenium: 1.18µg (1.69%), Vitamin B1: 0.02mg (1.47%), Vitamin B2: 0.02mg (1.23%), Vitamin B3: 0.21mg (1.05%)