



Gingered Shrimp



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



40

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons apple juice sweet
- ☐ 2 teaspoons ginger finely chopped
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 1.5 teaspoons salt
- ☐ 1.5 pounds shrimp deveined cooked peeled
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup vinegar white

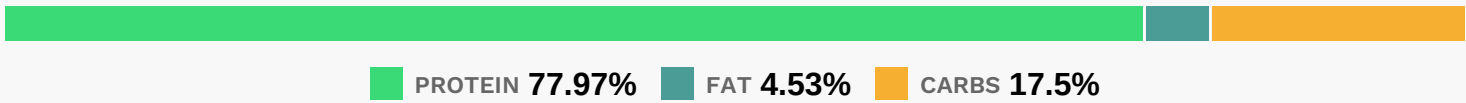
Equipment

- ☐ sauce pan
- ☐ plastic wrap
- ☐ slotted spoon

Directions

- ☐ Arrange shrimp in single layer in shallow glass or plastic container.
- ☐ Heat soy sauce to boiling in 1-quart saucepan; add gingerroot. Reduce heat; simmer 5 minutes or until most of the liquid is absorbed. Stir in vinegar, sugar, sake and salt.
- ☐ Pour over shrimp. Cover with plastic wrap and refrigerate at least 2 hours but no longer than 12 hours.
- ☐ Remove shrimp from marinade with slotted spoon; arrange on serving plate.
- ☐ Sprinkle with onions.

Nutrition Facts



Properties

Glycemic Index:5.57, Glycemic Load:0.47, Inflammation Score:-1, Nutrition Score:0.71260868928031%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 18.45kcal (0.92%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 0.8g (0.27%), Net Carbohydrates: 0.78g (0.28%), Sugar: 0.7g (0.78%), Cholesterol: 27.39mg (9.13%), Sodium: 188.57mg (8.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.16%), Phosphorus: 38.55mg (3.85%), Copper: 0.07mg (3.46%), Magnesium: 6.69mg (1.67%), Zinc: 0.24mg (1.58%), Potassium: 50.04mg (1.43%), Calcium: 11.62mg (1.16%)