



Gingered Shrimp with Cashews

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

READY IN



85 min.

SERVINGS



25

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups broccoli florets
- 2 carrots thinly sliced
- 1 cup planters cashew halves with pieces
- 0.3 tsp pepper red crushed
- 0.3 cup chicken broth fat-free reduced-sodium
- 2 cloves garlic minced
- 1 Tbsp gingerroot minced
- 2 tsp olive oil

- 1 lb shrimp deveined uncooked peeled
- 0.3 cup teriyaki sauce reduced-sodium

Equipment

- frying pan

Directions

- Toss shrimp with ginger and garlic. Refrigerate 1 hour. Meanwhile, mix teriyaki sauce, broth and crushed pepper until blended.
- Heat oil in large skillet.
- Add shrimp mixture; cook and stir 3 to 5 min. or until shrimp turn pink.
- Add teriyaki mixture, broccoli and carrots; stir. Cook until vegetables are crisp-tender, stirring frequently.
- Add nuts; mix lightly.

Nutrition Facts

PROTEIN 34.73% **FAT 41.56%** **CARBS 23.71%**

Properties

Glycemic Index:5.96, Glycemic Load:0.72, Inflammation Score:-6, Nutrition Score:5.083043469683%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 57.38kcal (2.87%), Fat: 2.79g (4.29%), Saturated Fat: 0.49g (3.06%), Carbohydrates: 3.58g (1.19%), Net Carbohydrates: 2.88g (1.05%), Sugar: 1.2g (1.34%), Cholesterol: 29.21mg (9.74%), Sodium: 150.38mg (6.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.5%), Vitamin A: 911.91IU (18.24%), Vitamin K: 17.5µg (16.66%), Vitamin C: 13.39mg (16.23%), Copper: 0.2mg (9.92%), Phosphorus: 85.95mg (8.6%), Magnesium: 27.05mg (6.76%), Manganese: 0.13mg (6.71%), Potassium: 153.26mg (4.38%), Zinc: 0.62mg (4.14%), Iron: 0.62mg (3.46%), Vitamin B6: 0.06mg (3.04%), Folate: 11.69µg (2.92%), Fiber: 0.71g (2.82%), Vitamin B1: 0.04mg (2.47%), Calcium: 23.33mg (2.33%), Selenium: 1.52µg (2.17%), Vitamin E: 0.25mg (1.68%), Vitamin B2: 0.03mg (1.52%), Vitamin B5: 0.15mg (1.52%), Vitamin B3: 0.25mg (1.26%)