



## Happy Shrimp Stir Fry



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 teaspoons sugar
- ☐ 0.5 cup vegetable broth
- ☐ 3 tablespoons catsup
- ☐ 1 teaspoon rice vinegar white (or vinegar)
- ☐ 0.5 teaspoon sesame oil
- ☐ 1 pound shrimp raw deveined
- ☐ 2 teaspoons cornstarch
- ☐ 2 tablespoons peanut cooking oil

- ☐ 1 teaspoon ginger fresh grated
- ☐ 1 garlic cloves finely minced
- ☐ 1 tablespoon green onion finely sliced
- ☐ 1 Handful iceberg lettuce shredded

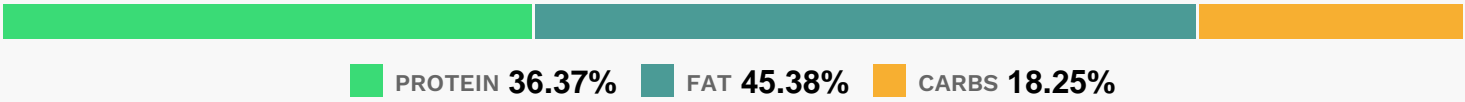
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ stove
- ☐ wok

## Directions

- ☐ Toss shrimp with cornstarch: Pat the shrimp very dry and place them in a bowl. Toss with the cornstarch.
- ☐ Fry in hot pan 1 minute each side:
- ☐ Heat a wok or large frying pan on high heat until a bead of water instantly sizzles and evaporates upon contact.
- ☐ Add the cooking oil and swirl to coat.
- ☐ Add the cornstarch coated shrimp to the wok and spread out in one layer.
- ☐ Let fry untouched for 1 minute.
- ☐ Flip and fry other side for another minute.
- ☐ Remove the shrimp from the frying pan, keeping as much oil in the pan as possible.
- ☐ Fry garlic and ginger: Return the pan to the stove.
- ☐ Add an additional teaspoon of cooking oil to the pan if needed. When the pan is hot, turn the heat to medium and add the garlic and the ginger and fry for 15–30 seconds until fragrant.
- ☐ Pour in the sauce mixture and bring to boil.
- ☐ Add the cooked shrimp back into the wok and let simmer for an additional minute until the shrimp are cooked through.
- ☐ Serve on bed of shredded lettuce and top with garnish of sliced green onions.

## Nutrition Facts



## Properties

Glycemic Index:68.52, Glycemic Load:1.67, Inflammation Score:-3, Nutrition Score:9.1895651687746%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 173.41kcal (8.67%), Fat: 8.67g (13.34%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 7.74g (2.81%), Sugar: 4.7g (5.22%), Cholesterol: 142.88mg (47.63%), Sodium: 861.96mg (37.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.64g (31.28%), Selenium: 33.81µg (48.3%), Phosphorus: 281.72mg (28.17%), Vitamin B12: 1.26µg (20.98%), Vitamin E: 2.9mg (19.36%), Copper: 0.22mg (11.07%), Vitamin B3: 2.19mg (10.97%), Vitamin B6: 0.21mg (10.57%), Vitamin K: 8.92µg (8.49%), Zinc: 1.14mg (7.58%), Vitamin A: 340.68IU (6.81%), Magnesium: 27.17mg (6.79%), Calcium: 65.6mg (6.56%), Folate: 23.67µg (5.92%), Potassium: 169.42mg (4.84%), Vitamin B5: 0.36mg (3.64%), Manganese: 0.06mg (3.09%), Vitamin B2: 0.04mg (2.25%), Iron: 0.32mg (1.79%), Vitamin B1: 0.03mg (1.76%), Vitamin C: 1.01mg (1.22%)