



Hoisin Shrimp

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

READY IN



45 min.

SERVINGS



4

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings rice hot cooked
- 1.5 teaspoons ginger fresh minced
- 6 green onions cut into 1-inch pieces
- 2 tablespoons hoisin sauce
- 3 tablespoons vegetable oil; peanut oil preferred
- 1 tablespoon rice wine vinegar
- 0.5 teaspoon salt
- 1 pound shrimp fresh unpeeled

2 teaspoons sugar divided

Equipment

frying pan

wok

Directions

Peel shrimp; devein, if desired.

Stir together hoisin sauce, vinegar, 1 teaspoon sugar, and salt.

Heat oil in a large skillet or wok over high heat 2 minutes.

Add shrimp, and stir-fry 2 minutes.

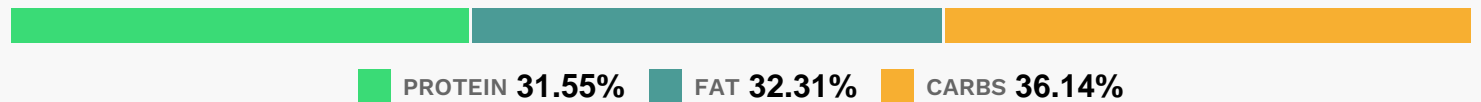
Add remaining 1 teaspoon sugar, and stir-fry 30 seconds.

Add green onions and ginger, and stir-fry 2 minutes.

Add hoisin sauce mixture, and stir-fry 2 minutes.

Serve over rice.

Nutrition Facts



Properties

Glycemic Index:69.02, Glycemic Load:25.6, Inflammation Score:-3, Nutrition Score:9.530000054318%

Flavonoids

Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 324.29kcal (16.21%), Fat: 11.62g (17.87%), Saturated Fat: 2g (12.52%), Carbohydrates: 29.23g (9.74%), Net Carbohydrates: 28.21g (10.26%), Sugar: 4.65g (5.17%), Cholesterol: 182.81mg (60.94%), Sodium: 559.1mg (24.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.53g (51.05%), Vitamin K: 37.37µg (35.59%), Phosphorus: 286.76mg (28.68%), Copper: 0.53mg (26.27%), Manganese: 0.46mg (23.21%), Magnesium: 55.06mg (13.76%), Zinc: 2.01mg (13.38%), Vitamin E: 1.8mg (12.02%), Potassium: 389.51mg (11.13%), Calcium: 96.55mg (9.66%), Selenium: 6.22µg (8.88%), Iron: 1.11mg (6.15%), Vitamin B6: 0.09mg (4.53%), Vitamin C: 3.45mg (4.19%), Fiber: 1.02g (4.09%),

Folate: 15.81µg (3.95%), Vitamin A: 179.94IU (3.6%), Vitamin B5: 0.33mg (3.29%), Vitamin B3: 0.51mg (2.55%),
Vitamin B2: 0.04mg (2.51%), Vitamin B1: 0.03mg (1.75%)