



Hot and Sour Shrimp and Broccoli



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups broccoli florets
- ☐ 1.5 cups & flavor infused broth sour hot chinese swanson®
- ☐ 6 servings rice hot cooked
- ☐ 2 tablespoons cornstarch
- ☐ 1 small bell pepper red cut into 2-inch-long strips
- ☐ 2 tablespoons sesame oil light
- ☐ 1 pound shrimp deveined uncooked peeled (21-25 count)

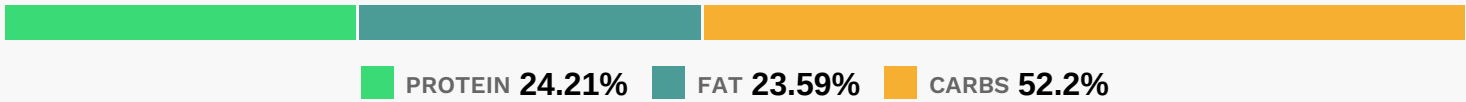
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 1 tablespoon oil in a 12-inch skillet over medium-high heat.
- ☐ Add the shrimp and cook for 4 minutes, stirring often.
- ☐ Remove the shrimp from the skillet.
- ☐ Heat the remaining oil in the skillet.
- ☐ Add the crushed red pepper, broccoli and red pepper strips. Cook for 2 minutes, stirring occasionally.
- ☐ Add 1 1/4 cups broth and heat to a boil.
- ☐ Stir the remaining broth and the cornstarch in a small bowl until the mixture is smooth.
- ☐ Add the cornstarch mixture and the shrimp to the skillet and cook and stir for 2 minutes or until the mixture boils and thickens and the shrimp are cooked through.
- ☐ Serve the shrimp mixture over the rice.

Nutrition Facts



Properties

Glycemic Index:36.33, Glycemic Load:24.8, Inflammation Score:-7, Nutrition Score:13.617391399715%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 224.25kcal (11.21%), Fat: 5.8g (8.93%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 28.89g (9.63%), Net Carbohydrates: 27.5g (10%), Sugar: 1.57g (1.75%), Cholesterol: 95.25mg (31.75%), Sodium: 674.42mg (29.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.4g (26.8%), Vitamin C: 42.84mg (51.93%), Selenium: 29.15µg (41.64%), Vitamin K: 32.41µg (30.86%), Phosphorus: 242mg (24.2%), Manganese: 0.47mg (23.69%), Vitamin A: 836.35IU (16.73%), Vitamin B6: 0.28mg (14.21%), Vitamin B12: 0.84µg (13.99%), Copper: 0.21mg (10.52%), Folate: 41.52µg (10.38%), Vitamin E: 1.53mg (10.18%), Vitamin B3: 1.97mg (9.87%), Magnesium: 34.04mg (8.51%), Zinc:

1.28mg (8.51%), Vitamin B5: 0.76mg (7.55%), Potassium: 235.03mg (6.72%), Calcium: 63.9mg (6.39%), Fiber: 1.39g (5.55%), Vitamin B2: 0.07mg (3.98%), Vitamin B1: 0.06mg (3.94%), Iron: 0.6mg (3.35%)