



Hot-and-Sour Shrimp with Chinese Cabbage



Gluten Free



Dairy Free



Low Fod Map

READY IN



17 min.

SERVINGS



4

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons garlic chile sauce such as House of Thai
- ☐ 1 teaspoon sesame oil dark
- ☐ 1.5 pounds shrimp deveined peeled 20
- ☐ 2 tablespoons juice of lime fresh
- ☐ 6 cups napa cabbage shredded chinese
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup orange marmalade
- ☐ 0.3 teaspoon salt

☐ 1 teaspoon vegetable oil

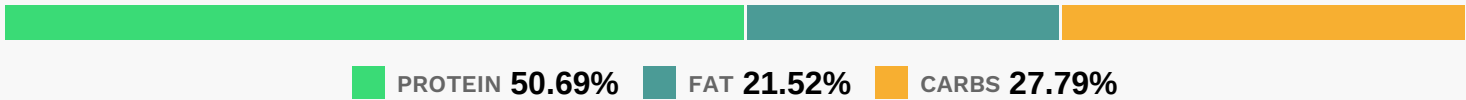
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ broiler
- ☐ ziploc bags
- ☐ microwave
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Combine first 5 ingredients in a large heavy-duty zip-top plastic bag; add shrimp. Seal; toss to coat. Marinate in refrigerator 1 hour.
- ☐ Preheat broiler.
- ☐ Remove shrimp from marinade, reserving marinade.
- ☐ Pour reserved marinade into a small microwave-safe bowl. Microwave at HIGH 30 seconds or until marinade boils; set aside.
- ☐ Thread shrimp onto 4 (8-inch) skewers.
- ☐ Place skewers on a broiler pan coated with cooking spray; broil 5 minutes or until done. Keep warm.
- ☐ Heat vegetable and sesame oils in a large nonstick skillet over high heat; add cabbage. Cook 2 minutes or until cabbage wilts; sprinkle with salt. To serve, arrange shrimp on top of cabbage; drizzle with marinade.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.74, Inflammation Score:-5, Nutrition Score:14.587391428325%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 273.48kcal (13.67%), Fat: 6.73g (10.35%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 19.54g (6.51%), Net Carbohydrates: 17.66g (6.42%), Sugar: 15.21g (16.9%), Cholesterol: 273.86mg (91.29%), Sodium: 787.04mg (34.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.65g (71.3%), Vitamin K: 53.26µg (50.73%), Vitamin C: 33.99mg (41.2%), Phosphorus: 398.92mg (39.89%), Copper: 0.73mg (36.31%), Folate: 92.61µg (23.15%), Potassium: 736.62mg (21.05%), Calcium: 205.42mg (20.54%), Magnesium: 75.36mg (18.84%), Zinc: 2.56mg (17.04%), Manganese: 0.28mg (13.92%), Vitamin B6: 0.27mg (13.56%), Vitamin A: 378.67IU (7.57%), Fiber: 1.88g (7.53%), Iron: 1.3mg (7.2%), Vitamin E: 0.78mg (5.17%), Vitamin B2: 0.06mg (3.71%), Vitamin B1: 0.05mg (3.23%), Vitamin B3: 0.48mg (2.39%), Vitamin B5: 0.13mg (1.32%), Selenium: 0.81µg (1.16%)