



Hot 'N Sweet Shrimp Lettuce Wraps

 Gluten Free  Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 small chili peppers red very thinly sliced
- 4 cloves garlic chopped
- 1 inch ginger root peeled thinly sliced
- 1 head iceberg lettuce cored quartered
- 1 onion red chopped
- 0.3 cup rice wine vinegar
- 4 servings salt and pepper black freshly ground
- 0.3 pound mushroom caps chopped

- 1.5 pounds shrimp deveined
- 0.3 cup sugar
- 2 tablespoons vegetable oil light

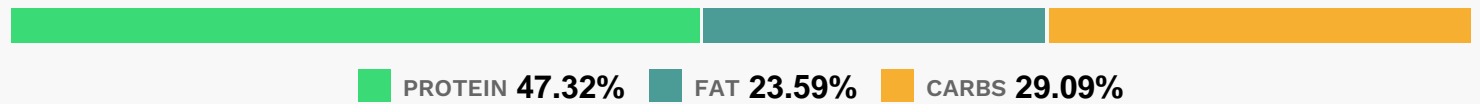
Equipment

- frying pan
- pot

Directions

- Combine sugar, vinegar and ginger in a small pot and bring to a boil, dissolve sugar and turn off heat, reserve.
- In a skillet heat the oil over medium-high heat.
- Saute the onions, chili peppers, mushrooms and garlic 3 to 4 minutes then add shrimp and toss 3 to 4 minutes more until pink and firm. Douse the pan with the sweet vinegar, season with salt and pepper, to taste.
- Serve with cold lettuce for wrapping the hot-sweet shrimp.

Nutrition Facts



Properties

Glycemic Index:72.02, Glycemic Load:10.78, Inflammation Score:-6, Nutrition Score:14.086087009181%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg

Nutrients (% of daily need)

Calories: 302.12kcal (15.11%), Fat: 8.11g (12.47%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 22.49g (7.5%), Net Carbohydrates: 19.51g (7.09%), Sugar: 17.14g (19.04%), Cholesterol: 273.86mg (91.29%), Sodium: 220.97mg (9.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.6g (73.2%), Phosphorus: 437.06mg (43.71%), Vitamin K:

45.58µg (43.41%), Copper: 0.77mg (38.32%), Potassium: 791.25mg (22.61%), Manganese: 0.4mg (20.17%), Magnesium: 79.44mg (19.86%), Zinc: 2.87mg (19.12%), Vitamin A: 744.03IU (14.88%), Calcium: 147.36mg (14.74%), Folate: 48.41µg (12.1%), Fiber: 2.99g (11.95%), Vitamin B6: 0.22mg (10.75%), Iron: 1.71mg (9.5%), Vitamin C: 6.91mg (8.38%), Vitamin B3: 1.35mg (6.77%), Vitamin B2: 0.11mg (6.59%), Vitamin B5: 0.61mg (6.07%), Vitamin E: 0.82mg (5.47%), Vitamin B1: 0.08mg (5.26%), Selenium: 2.49µg (3.56%)