



Jumbo Shrimp and Asparagus



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



116 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bunches asparagus trimmed cut into 1 inch pieces
- ☐ 1 teaspoon cooking sherry dry
- ☐ 2 teaspoons ginger root fresh chopped
- ☐ 2 teaspoons granulated sugar
- ☐ 6 servings salt to taste
- ☐ 24 large shrimp fresh deveined peeled cut in half lengthwise
- ☐ 3 tablespoons soya sauce
- ☐ 2 tablespoons vegetable oil

☐ 2 cups water

Equipment

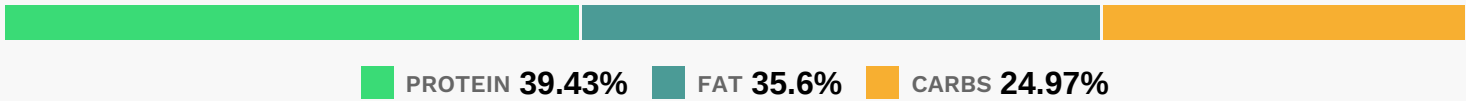
☐ frying pan

☐ sauce pan

Directions

- ☐ In a medium saucepan, bring two cups of water to a boil. Cook asparagus in boiling water for 3 minutes.
- ☐ Drain, reserving 2 tablespoons of liquid.
- ☐ Heat the oil in a skillet over medium-high heat.
- ☐ Saute the shrimp pieces until the color changes, about 3 to 5 minutes. Stir in asparagus with reserved liquid , and season with ginger, soy sauce, sugar, sherry and salt to taste. Continue to cook for 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:24.52, Glycemic Load:1.87, Inflammation Score:-8, Nutrition Score:13.719130516052%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Isorhamnetin: 8.55mg, Isorhamnetin: 8.55mg, Isorhamnetin: 8.55mg, Isorhamnetin: 8.55mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Quercetin: 20.97mg, Quercetin: 20.97mg, Quercetin: 20.97mg, Quercetin: 20.97mg

Nutrients (% of daily need)

Calories: 115.82kcal (5.79%), Fat: 4.94g (7.59%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 7.79g (2.6%), Net Carbohydrates: 4.55g (1.66%), Sugar: 4.32g (4.8%), Cholesterol: 64.4mg (21.47%), Sodium: 751.21mg (32.66%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 12.3g (24.6%), Vitamin K: 70.74µg (67.37%), Copper: 0.47mg (23.32%), Vitamin A: 1134IU (22.68%), Iron: 3.64mg (20.23%), Folate: 79.7µg (19.93%), Phosphorus: 175.68mg (17.57%), Manganese: 0.3mg (14.91%), Vitamin B1: 0.22mg (14.67%), Vitamin E: 2.07mg (13.78%), Vitamin B2: 0.23mg (13.28%), Fiber: 3.24g (12.94%), Potassium: 431.11mg (12.32%), Vitamin C: 8.43mg (10.22%), Magnesium: 39.76mg (9.94%), Zinc: 1.4mg (9.31%), Vitamin B3: 1.83mg (9.14%), Vitamin B6: 0.16mg (7.8%), Calcium: 66.08mg (6.61%), Selenium: 3.54µg (5.05%), Vitamin B5: 0.45mg (4.47%)