



## Kung Pao Shrimp

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

READY IN



45 min.

SERVINGS



4

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 cups celery thinly sliced
- 2 teaspoons cornstarch
- 0.5 teaspoon pepper red crushed
- 0.3 cup roasted peanuts chopped
- 1.5 teaspoons sherry dry divided
- 0.3 cup fat-skimmed beef broth fat-free
- 1 tablespoon ginger fresh minced peeled
- 1 tablespoon garlic fresh minced

- 2 tablespoons spring onion
- 1 tablespoon soy sauce low-sodium divided
- 1 tablespoon vegetable oil; peanut oil preferred
- 1 cup bell pepper red chopped
- 1 teaspoon rice vinegar
- 0.3 teaspoon salt
- 1 pound shrimp deveined peeled

## Equipment

- wok

## Directions

- Combine 1 teaspoon soy sauce, 1 teaspoon sherry, cornstarch, and shrimp.
- Heat oil in a wok over high heat.
- Add peanuts and next 3 ingredients; stir-fry 30 seconds. Stir in celery and bell pepper; stir-fry 2 minutes or until crisp-tender.
- Add shrimp mixture; stir-fry 2 minutes.
- Add remaining 2 teaspoons soy sauce, 1/2 teaspoon sherry, and broth. Bring to a simmer; cook 1 minute or until slightly thickened.
- Remove from heat; stir in vinegar and salt. Top with onions.

## Nutrition Facts



## Properties

Glycemic Index:51.5, Glycemic Load:0.92, Inflammation Score:-8, Nutrition Score:13.845652236887%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin:

1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

## **Nutrients (% of daily need)**

Calories: 209.61kcal (10.48%), Fat: 8.83g (13.59%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 5.01g (1.82%), Sugar: 2.27g (2.52%), Cholesterol: 182.57mg (60.86%), Sodium: 558.97mg (24.3%), Alcohol: 0.19g (100%), Alcohol %: 0.11% (100%), Protein: 26.67g (53.34%), Vitamin C: 50.13mg (60.77%), Phosphorus: 310.99mg (31.1%), Vitamin A: 1440.57IU (28.81%), Copper: 0.54mg (27.18%), Manganese: 0.4mg (20.09%), Vitamin K: 19.46µg (18.54%), Magnesium: 69.02mg (17.25%), Potassium: 595.44mg (17.01%), Zinc: 1.93mg (12.89%), Folate: 46.43µg (11.61%), Calcium: 108.46mg (10.85%), Vitamin B3: 2.05mg (10.24%), Vitamin B6: 0.2mg (10.19%), Fiber: 2.48g (9.92%), Vitamin E: 1.37mg (9.16%), Iron: 1.25mg (6.96%), Vitamin B2: 0.08mg (4.79%), Vitamin B1: 0.07mg (4.43%), Vitamin B5: 0.39mg (3.89%), Selenium: 1.61µg (2.3%)