

# Kung Pao Shrimp



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 pound broccoli florets rinsed cut into 1-inch-wide pieces
- ☐ 0.5 teaspoon pepper hot
- ☐ 1 tablespoon cornstarch
- ☐ 0.8 cup fat-skimmed beef broth
- ☐ 1 tablespoon ginger fresh minced
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 cup roasted peanuts salted chopped
- ☐ 1 teaspoon salad oil

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons soya sauce
- ☐ 1.5 teaspoons sugar
- ☐ 1.5 cups rice long-grain white
- ☐ 2 tablespoons citrus champagne vinegar

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok
- ☐ colander

## Directions

- ☐ In a 2- to 3-quart pan, combine rice and 2 3/4 cups water. Bring to a boil over high heat and cook until most of the water is absorbed, 7 to 10 minutes. Turn heat to low, cover, and cook until rice is tender to bite, 10 to 15 minutes longer. Spoon rice into a bowl.
- ☐ Meanwhile, in a small bowl, mix broth, soy sauce, vinegar, cornstarch, sugar, chili flakes, and salt until smooth.
- ☐ In a 12-inch nonstick frying pan or a 14-inch wok over high heat, combine broccoli and 1/2 cup water. When boiling, cover, reduce heat to medium, and simmer, stirring occasionally, until broccoli is bright green and just tender when pierced, 4 to 7 minutes.
- ☐ Pour into a colander to drain.
- ☐ Add oil, ginger, and garlic to pan; stir over high heat until garlic begins to brown, 30 to 45 seconds.
- ☐ Add shrimp and stir until opaque but still moist-looking in center of thickest part (cut to test), 3 to 4 minutes. Stir in broccoli.
- ☐ Stir cornstarch mixture and add to pan. Stir until sauce boils.
- ☐ Pour shrimp into a bowl and sprinkle with peanuts.
- ☐ Serve with cooked rice.

## Nutrition Facts



 PROTEIN **12.54%**  FAT **15.21%**  CARBS **72.25%**

Properties

Glycemic Index:55.82, Glycemic Load:36.14, Inflammation Score:-8, Nutrition Score:23.028260806332%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 379.71kcal (18.99%), Fat: 6.5g (9.99%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 69.42g (23.14%), Net Carbohydrates: 64.51g (23.46%), Sugar: 3.79g (4.21%), Cholesterol: 0mg (0%), Sodium: 907.94mg (39.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.05g (24.09%), Vitamin C: 101.75mg (123.33%), Vitamin K: 116.74µg (111.18%), Manganese: 1.3mg (64.79%), Folate: 90.84µg (22.71%), Selenium: 15.35µg (21.92%), Phosphorus: 210.82mg (21.08%), Fiber: 4.91g (19.62%), Vitamin B6: 0.39mg (19.31%), Vitamin B3: 3.84mg (19.21%), Potassium: 561.98mg (16.06%), Vitamin B5: 1.58mg (15.8%), Vitamin A: 780.73IU (15.61%), Magnesium: 62.38mg (15.59%), Copper: 0.3mg (15.08%), Vitamin B2: 0.2mg (11.88%), Vitamin B1: 0.17mg (11.36%), Iron: 1.99mg (11.05%), Zinc: 1.49mg (9.93%), Calcium: 89.76mg (8.98%), Vitamin E: 1.24mg (8.25%), Vitamin B12: 0.09µg (1.42%)