



Kung Pao Shrimp and Spinach Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



268 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 oz baby spinach leaves rinsed
- ☐ 0.5 cup carrots shredded
- ☐ 0.5 teaspoon chili flakes hot
- ☐ 0.3 cup rice vinegar
- ☐ 0.3 cup roasted peanuts unsalted
- ☐ 1 tablespoon salad oil
- ☐ 1 tablespoon asian sesame oil toasted
- ☐ 1 pound shrimp deveined peeled per lb.

- ☐ 2 tablespoons soya sauce
- ☐ 2 teaspoons sugar

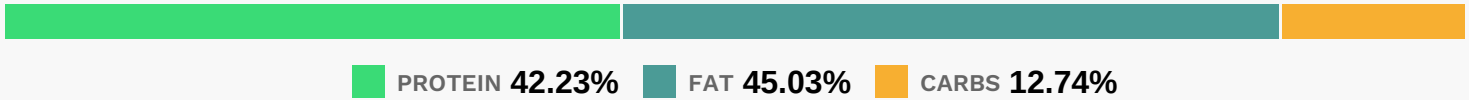
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Rinse and drain shrimp. Set a 10- to 12-inch nonstick frying pan over high heat; when hot, add 1 teaspoon peanut oil and the shrimp. Stir until shrimp are barely opaque but still moist-looking in center of thickest part (cut to test), 2 to 4 minutes.
- ☐ Pour into a large bowl.
- ☐ Return pan to heat; when hot, add remaining 2 teaspoons peanut oil and the peanuts. Stir until peanuts are lightly browned, 1 to 2 minutes. Stir in chili flakes and remove from heat.
- ☐ Add vinegar, soy sauce, sesame oil, and sugar, and stir until sugar is dissolved.
- ☐ Pour over shrimp.
- ☐ Add spinach and carrot to shrimp and mix gently. Mound salad equally on plates.

Nutrition Facts



Properties

Glycemic Index:53.48, Glycemic Load:2.3, Inflammation Score:-10, Nutrition Score:24.480869469435%

Flavonoids

Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 4.56mg, Kaempferol: 4.56mg, Kaempferol: 4.56mg, Kaempferol: 4.56mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 268.25kcal (13.41%), Fat: 13.91g (21.4%), Saturated Fat: 1.85g (11.53%), Carbohydrates: 8.85g (2.95%), Net Carbohydrates: 5.6g (2.04%), Sugar: 3.23g (3.59%), Cholesterol: 182.57mg (60.86%), Sodium: 761.83mg (33.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.36g (58.71%), Vitamin K: 347.67µg (331.11%), Vitamin A:

9392.92IU (187.86%), Manganese: 1.04mg (52.03%), Folate: 157.56µg (39.39%), Phosphorus: 343.17mg (34.32%), Copper: 0.64mg (31.94%), Magnesium: 122.17mg (30.54%), Vitamin C: 20.86mg (25.29%), Potassium: 864.77mg (24.71%), Iron: 3.1mg (17.22%), Calcium: 163.79mg (16.38%), Vitamin E: 2.3mg (15.34%), Zinc: 2.23mg (14.85%), Vitamin B3: 2.87mg (14.36%), Fiber: 3.25g (13%), Vitamin B6: 0.21mg (10.73%), Vitamin B2: 0.17mg (10%), Vitamin B1: 0.11mg (7.36%), Vitamin B5: 0.3mg (2.95%), Selenium: 1.85µg (2.65%)