



Lemon-Basil Shrimp with Rice



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon chili flakes hot
- ☐ 3 cups rice white hot cooked
- ☐ 3 tablespoons cornstarch mixed with 3 tablespoons water
- ☐ 3 cups fat-skimmed chicken broth
- ☐ 2 tablespoons basil leaves fresh chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 1.5 teaspoons lemon zest shredded

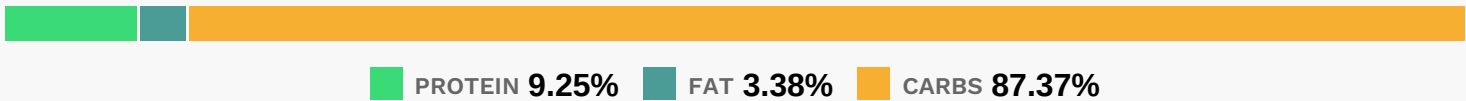
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ In a 12-inch frying pan or 5- to 6-quart pan over high heat, combine chili flakes, lemon peel, lemon juice, and broth.
- ☐ When broth mixture boils, add shrimp and stir often until shrimp are opaque but moist-looking in the center of the thickest part (cut to test), 5 to 8 minutes. Stir cornstarch mixture into pan; stir until boiling again.
- ☐ Add basil.
- ☐ Mound rice equally into wide bowls. Ladle shrimp mixture around rice.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:35.88, Inflammation Score:-2, Nutrition Score:5.6430434144062%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 186.66kcal (9.33%), Fat: 0.69g (1.06%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 39.88g (13.29%), Net Carbohydrates: 39.15g (14.24%), Sugar: 0.56g (0.62%), Cholesterol: 0mg (0%), Sodium: 702.31mg (30.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.45%), Manganese: 0.6mg (29.89%), Selenium: 12.87µg (18.38%), Vitamin B3: 1.47mg (7.36%), Vitamin B6: 0.15mg (7.28%), Phosphorus: 72.46mg (7.25%), Vitamin B5: 0.68mg (6.83%), Copper: 0.13mg (6.27%), Vitamin B12: 0.34µg (5.67%), Vitamin C: 4.05mg (4.91%), Magnesium: 17.68mg (4.42%), Zinc: 0.64mg (4.29%), Vitamin K: 4.41µg (4.2%), Vitamin B2: 0.06mg (3.29%), Iron: 0.59mg (3.28%), Potassium: 109.48mg (3.13%), Fiber: 0.73g (2.93%), Vitamin B1: 0.04mg (2.59%), Vitamin A: 127.7IU (2.55%), Calcium: 22.83mg (2.28%), Folate: 7.61µg (1.9%), Vitamin E: 0.16mg (1.09%)