



Margarita Shrimp Stir-Fry



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup margarita cocktail frozen thawed ()
- ☐ 1 teaspoon lime zest grated
- ☐ 0.5 lb shrimp frozen thawed deveined uncooked peeled
- ☐ 1 tablespoon butter
- ☐ 0.5 medium bell pepper green cut into thin strips
- ☐ 0.5 medium bell pepper red cut into thin strips
- ☐ 1 tablespoon cilantro leaves finely chopped
- ☐ 1 cup rice white instant uncooked

☐ 1 cup water

Equipment

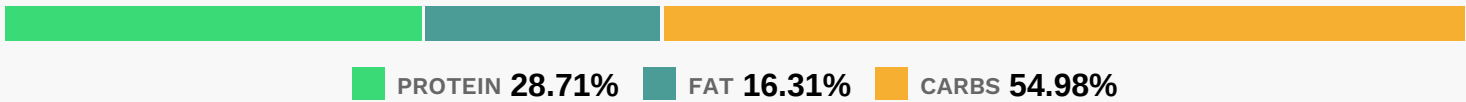
☐ bowl

☐ frying pan

Directions

- ☐ In small bowl, stir margarita mix and lime peel. Reserve 2 tablespoons mixture.
- ☐ Add shrimp to remaining mixture; toss to coat. Cover and refrigerate 30 minutes.
- ☐ In 10-inch nonstick skillet, melt butter over medium-high heat. Cook green and red bell peppers in butter 2 to 4 minutes, stirring occasionally, until crisp-tender.
- ☐ Remove shrimp from marinade; discard marinade. Stir shrimp into mixture in skillet. Cook 1 to 2 minutes, stirring occasionally, until shrimp are pink and firm. Stir in reserved 2 tablespoons sauce and the cilantro. Cook until heated through.
- ☐ Meanwhile, cook rice in water as directed on package.
- ☐ Serve stir-fry over rice.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:0.49, Inflammation Score:-8, Nutrition Score:17.131738874899%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 376.07kcal (18.8%), Fat: 6.76g (10.4%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 51.28g (17.09%), Net Carbohydrates: 49.3g (17.93%), Sugar: 14.54g (16.15%), Cholesterol: 182.57mg (60.86%), Sodium: 255.25mg (11.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.78g (53.56%), Vitamin C: 62.36mg (75.59%), Folate: 135.18µg (33.8%), Phosphorus: 308.98mg (30.9%), Vitamin B1: 0.43mg (28.82%), Copper: 0.56mg (28.21%), Manganese:

0.53mg (26.58%), Vitamin A: 1305.93IU (26.12%), Selenium: 16.03µg (22.9%), Iron: 3.54mg (19.65%), Vitamin B3: 3.45mg (17.26%), Zinc: 2.26mg (15.08%), Magnesium: 53.76mg (13.44%), Potassium: 430.82mg (12.31%), Vitamin B6: 0.21mg (10.35%), Calcium: 93.21mg (9.32%), Fiber: 1.98g (7.92%), Vitamin E: 0.82mg (5.48%), Vitamin K: 4.33µg (4.12%), Vitamin B5: 0.32mg (3.19%), Vitamin B2: 0.05mg (2.87%)