

Moo Shu Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots shredded
- ☐ 2 teaspoons cornstarch
- ☐ 8 6-inch flour tortillas ()
- ☐ 1 tablespoon garlic divided minced
- ☐ 0.5 cup green onions chopped
- ☐ 2 tablespoons hoisin sauce
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 2 cups mushrooms thinly sliced

- ☐ 6 cups napa cabbage shredded
- ☐ 2 teaspoons vegetable oil; peanut oil preferred divided
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 teaspoon sriracha (such as huy fong) hot
- ☐ 1 tablespoon water

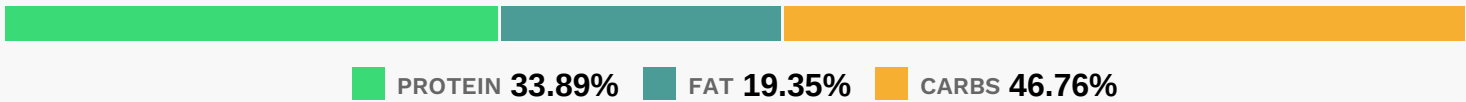
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat 1 teaspoon oil in a large skillet over high heat.
- ☐ Add 1 1/2 teaspoons garlic and shrimp; stir-fry 3 minutes or until shrimp are cooked through.
- ☐ Remove shrimp from pan; keep warm.
- ☐ Add remaining 1 teaspoon oil to pan.
- ☐ Add remaining 1 1/2 teaspoons garlic and mushrooms; stir-fry 1 minute or until mushrooms are tender.
- ☐ Add carrot and onions; stir-fry 2 minutes. Stir in cabbage; cook 2 minutes or until wilted.
- ☐ Combine soy sauce, 1 tablespoon water, cornstarch, and Sriracha in a small bowl, stirring with a whisk. Stir soy sauce mixture into cabbage mixture.
- ☐ Remove from heat; stir in shrimp, tossing to coat.
- ☐ Serve with hoisin and tortillas.

Nutrition Facts



Properties

Glycemic Index:51.71, Glycemic Load:11.84, Inflammation Score:-10, Nutrition Score:29.497391407904%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 372.65kcal (18.63%), Fat: 8.17g (12.57%), Saturated Fat: 2.34g (14.64%), Carbohydrates: 44.44g (14.81%), Net Carbohydrates: 38.93g (14.16%), Sugar: 8.85g (9.83%), Cholesterol: 182.81mg (60.94%), Sodium: 1057.93mg (46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.21g (64.43%), Vitamin A: 5835.35IU (116.71%), Vitamin K: 83.44µg (79.46%), Phosphorus: 476.06mg (47.61%), Vitamin C: 37.43mg (45.37%), Folate: 174.18µg (43.54%), Copper: 0.75mg (37.29%), Manganese: 0.73mg (36.37%), Vitamin B2: 0.49mg (28.66%), Vitamin B1: 0.42mg (28.14%), Potassium: 982.4mg (28.07%), Calcium: 277.75mg (27.77%), Selenium: 19.13µg (27.33%), Vitamin B3: 5.42mg (27.11%), Vitamin B6: 0.45mg (22.29%), Fiber: 5.5g (22.01%), Magnesium: 86.43mg (21.61%), Iron: 3.88mg (21.53%), Zinc: 2.59mg (17.26%), Vitamin B5: 1.08mg (10.77%), Vitamin E: 0.79mg (5.29%)