



Orange Ginger Shrimp Stir-Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup broccoli chopped
- ☐ 0.5 cup carrots chopped
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1.5 cups rice cooked
- ☐ 1 teaspoon ginger root fresh minced
- ☐ 1 teaspoon garlic minced
- ☐ 1 bell pepper diced green
- ☐ 4 servings salt and ground pepper black to taste

- ☐ 0.5 cup onion diced
- ☐ 2 tablespoons orange juice freshly squeezed
- ☐ 4 servings orange zest
- ☐ 1 tablespoon sesame oil
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 tablespoon vegetable oil
- ☐ 1 summer squash yellow cut into 1/4-inch slices

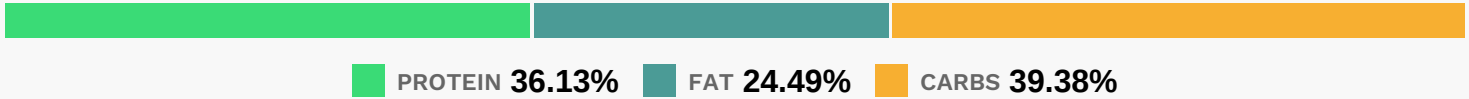
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Stir shrimp, orange juice, garlic, and ginger together in bowl; season with salt and pepper. Refrigerate 15 minutes.
- ☐ Heat 1 tablespoon vegetable oil and sesame oil in a wok or large skillet over medium-high heat.
- ☐ Remove shrimp from the marinade; cook and stir in the hot oil until opaque, about 2 minutes per side.
- ☐ Transfer shrimp to a plate.
- ☐ Heat 1 tablespoon vegetable oil with the oil remaining in the wok. Cook and stir bell pepper, squash, broccoli, onion, carrot, orange zest, and cayenne pepper in the hot oil until the vegetables are tender, about 5 minutes. Return shrimp to the skillet, stir into the vegetable mixture, and continue cooking 1 minute more.
- ☐ Serve over cooked rice.

Nutrition Facts



Properties

Glycemic Index:104.46, Glycemic Load:20.14, Inflammation Score:-9, Nutrition Score:18.976521616397%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg

Nutrients (% of daily need)

Calories: 287.87kcal (14.39%), Fat: 8g (12.3%), Saturated Fat: 1.27g (7.91%), Carbohydrates: 28.93g (9.64%), Net Carbohydrates: 24.91g (9.06%), Sugar: 4.55g (5.05%), Cholesterol: 182.57mg (60.86%), Sodium: 157.2mg (6.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.55g (53.09%), Vitamin C: 75.22mg (91.18%), Vitamin A: 3138.52IU (62.77%), Vitamin K: 35.32µg (33.64%), Phosphorus: 324.45mg (32.44%), Copper: 0.57mg (28.73%), Manganese: 0.56mg (28.21%), Potassium: 701.84mg (20.05%), Magnesium: 70.98mg (17.75%), Vitamin B6: 0.35mg (17.56%), Fiber: 4.02g (16.06%), Zinc: 2.2mg (14.68%), Calcium: 131.37mg (13.14%), Folate: 46.04µg (11.51%), Vitamin B2: 0.14mg (8.34%), Selenium: 5.46µg (7.8%), Iron: 1.38mg (7.67%), Vitamin B1: 0.11mg (7.46%), Vitamin B5: 0.61mg (6.13%), Vitamin E: 0.87mg (5.83%), Vitamin B3: 1.1mg (5.51%)