



## Pineapple Boat Shrimp with Fruit Salsa



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 15 ounce apricots diced drained canned
- ☐ 1 cup dice bell pepper red
- ☐ 2 tablespoons cornstarch
- ☐ 1 tablespoon mint leaves fresh minced
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon ginger minced
- ☐ 2 tablespoons ginger minced
- ☐ 1 tablespoon jalapeño minced

- ☐ 1 tablespoon lemongrass minced
- ☐ 0.8 cup dice onion red
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 1 pineapple diced whole ripe cut in 1/2 lengthwise and flesh removed making 2 'boats', core removed and fruit
- ☐ 2 cups bell pepper diced red
- ☐ 1 pinch pepper flakes red
- ☐ 0.3 cup rice vinegar
- ☐ 1 teaspoon serrano chiles diced seeded finely
- ☐ 2 pounds shrimp deveined cleaned
- ☐ 0.3 cup soya sauce
- ☐ 2 cups onion diced yellow

## Equipment

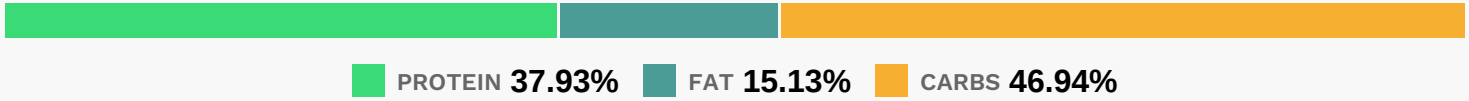
- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags

## Directions

- ☐ Watch how to make this recipe.
- ☐ In a resealable plastic bag, add the shrimp, 3 tablespoons soy sauce, the lemongrass, 1 tablespoon of ginger and the cornstarch and combine well. Refrigerate for 30 minutes.
- ☐ In a large saute pan over high heat, heat the peanut oil and add half the shrimp mixture.
- ☐ Saute for 3 to 4 minutes and remove. Repeat for second batch of shrimp, adding additional oil, if necessary.
- ☐ Add in the red bell peppers and the onions and saute for 3 minutes, then add the jalapeno, garlic, and the remaining 1 tablespoon of ginger. Stir in the remaining soy sauce and add the shrimp back into the saute pan.
- ☐ Heat until warmed through.
- ☐ Transfer to a serving platter and serve with the Fruit Salsa.

In a glass bowl, combine the mint, serrano pepper, ginger, rice vinegar and red pepper flakes. Stir in the pineapple, the onions, red bell pepper and apricots. Cover and refrigerate for at least 30 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:46.92, Glycemic Load:11.87, Inflammation Score:-10, Nutrition Score:21.053043634995%

## Flavonoids

Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.47mg, Quercetin: 12.47mg, Quercetin: 12.47mg, Quercetin: 12.47mg

## Nutrients (% of daily need)

Calories: 266.09kcal (13.3%), Fat: 4.7g (7.23%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 32.79g (10.93%), Net Carbohydrates: 27.75g (10.09%), Sugar: 21.04g (23.38%), Cholesterol: 182.57mg (60.86%), Sodium: 682.39mg (29.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.5g (52.99%), Vitamin C: 137.97mg (167.24%), Manganese: 1.38mg (68.97%), Vitamin A: 2892.87IU (57.86%), Copper: 0.67mg (33.44%), Phosphorus: 311.71mg (31.17%), Potassium: 807.89mg (23.08%), Vitamin B6: 0.43mg (21.53%), Fiber: 5.04g (20.16%), Magnesium: 77.4mg (19.35%), Folate: 65.11µg (16.28%), Zinc: 2.08mg (13.89%), Vitamin E: 2.02mg (13.47%), Calcium: 117.65mg (11.77%), Vitamin B1: 0.17mg (11.4%), Iron: 1.85mg (10.27%), Vitamin B3: 1.95mg (9.75%), Vitamin B2: 0.14mg (8.27%), Vitamin B5: 0.67mg (6.7%), Vitamin K: 5.94µg (5.65%), Selenium: 0.85µg (1.21%)