



Sesame Shrimp-and-Green Beans Over Rice

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 oz green beans fresh
- 1 garlic clove chopped
- 1 pound shrimp raw ()
- 1 cup rice long-grain uncooked
- 3 teaspoons sesame oil divided toasted
- 2 tablespoons lite soy sauce

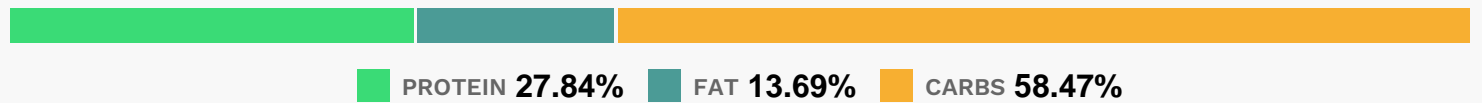
Equipment

- frying pan

Directions

- Prepare 1 cup uncooked long-grain rice according to package directions.
- Peel and devein 1 lb. large, raw shrimp (21/25 count). Cook shrimp in 1 tsp. hot toasted sesame oil in a medium skillet over medium-high heat, stirring often, 2 to 3 minutes or just until shrimp turn pink.
- Remove shrimp from skillet.
- Cook green beans in boiling salted water to cover 5 minutes or to desired degree of doneness.
- Drain; cover and keep warm.
- Cook garlic in hot sesame oil in a small skillet over medium heat 1 minute. Stir in soy sauce.
- Add shrimp and beans, and cook 1 minute or until thoroughly heated.
- Sprinkle with sesame seeds, if desired.
- Serve shrimp mixture over hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:38.05, Glycemic Load:24.06, Inflammation Score:-6, Nutrition Score:17.595652072326%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 308.73kcal (15.44%), Fat: 4.65g (7.15%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 44.69g (14.9%), Net Carbohydrates: 41.7g (15.16%), Sugar: 2.99g (3.32%), Cholesterol: 142.88mg (47.63%), Sodium: 1152.12mg (50.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.28g (42.56%), Selenium: 41.24µg (58.91%), Manganese: 0.78mg (38.86%), Phosphorus: 375.04mg (37.5%), Vitamin K: 37.38µg (35.6%), Vitamin B12: 1.26µg (20.98%), Vitamin B6: 0.41mg (20.28%), Copper: 0.38mg (19.06%), Vitamin B3: 3.74mg (18.71%), Vitamin A: 791.02IU (15.82%), Magnesium: 61.56mg (15.39%), Folate: 54.95µg (13.74%), Vitamin E: 1.94mg (12.93%), Vitamin C: 10.61mg (12.86%), Zinc: 1.86mg (12.37%), Fiber: 2.99g (11.94%), Potassium: 382.87mg (10.94%), Calcium: 108.81mg (10.88%), Vitamin

B5: 1.05mg (10.5%), Iron: 1.71mg (9.51%), Vitamin B1: 0.13mg (8.77%), Vitamin B2: 0.14mg (8.39%)