



Shrimp and Bok Choy Stir-Fry with Ginger and Cilantro

 Gluten Free  Dairy Free

READY IN



32 min.

SERVINGS



3

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups bok choy sliced
- 2 cups rice long-grain hot cooked
- 0.3 cup cilantro leaves fresh minced
- 2 teaspoons ginger fresh grated peeled
- 4 garlic cloves minced
- 0.3 teaspoon ground pepper red
- 2 tablespoons juice of lime fresh

- 0.3 cup soya sauce low-sodium
- 1 cup onion sliced
- 1.3 pounds shrimp deveined peeled
- 1 cup snow peas fresh trimmed
- 2 teaspoons vegetable oil

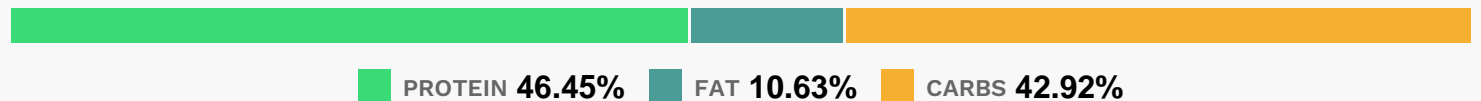
Equipment

- bowl
- frying pan

Directions

- Combine first 5 ingredients in a bowl. Set aside.
- Sprinkle shrimp with red pepper; coat with cooking spray.
- Heat a large nonstick skillet over medium- high heat.
- Add shrimp, and cook 4 minutes, stirring constantly.
- Remove shrimp from pan, and keep warm.
- Heat oil in pan.
- Add bok choy, onion, and snow peas. Cook 3 minutes, stirring constantly.
- Add shrimp and reserved soy sauce mixture; cook 1 1/2 minutes or until bubbly, stirring constantly.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:81.67, Glycemic Load:33.41, Inflammation Score:-9, Nutrition Score:22.332608720531%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 12.61mg, Quercetin: 12.61mg, Quercetin: 12.61mg, Quercetin: 12.61mg

Nutrients (% of daily need)

Calories: 387.7kcal (19.38%), Fat: 4.61g (7.09%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 41.87g (13.96%), Net Carbohydrates: 38.85g (14.13%), Sugar: 4.54g (5.04%), Cholesterol: 304.28mg (101.43%), Sodium: 1026.45mg (44.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.32g (90.63%), Vitamin C: 49.35mg (59.82%), Phosphorus: 544.17mg (54.42%), Vitamin A: 2605.9IU (52.12%), Manganese: 0.95mg (47.65%), Copper: 0.9mg (44.99%), Vitamin K: 39.53µg (37.64%), Magnesium: 118.46mg (29.62%), Potassium: 914.99mg (26.14%), Zinc: 3.55mg (23.69%), Calcium: 223.17mg (22.32%), Vitamin B6: 0.4mg (20.02%), Folate: 69.43µg (17.36%), Iron: 2.77mg (15.37%), Selenium: 9.35µg (13.36%), Fiber: 3.03g (12.1%), Vitamin B1: 0.13mg (8.94%), Vitamin B5: 0.88mg (8.77%), Vitamin B2: 0.15mg (8.7%), Vitamin B3: 1.24mg (6.18%), Vitamin E: 0.67mg (4.44%)