



Shrimp and Broccoli Fried Rice with Toasted Almonds



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



398 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 4 cups broccoli florets
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 cup fat-skimmed beef broth fat-free
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 3 garlic clove minced
- ☐ 0.3 cup spring onion chopped

- ☐ 1.5 cups rice white instant (such as Minute Rice)
- ☐ 3 tablespoons soy sauce low-sodium
- ☐ 2 tablespoons vegetable oil; peanut oil preferred divided
- ☐ 1.3 cups bell pepper red chopped
- ☐ 1.3 pounds shrimp deveined peeled
- ☐ 1.8 cups water divided

Equipment

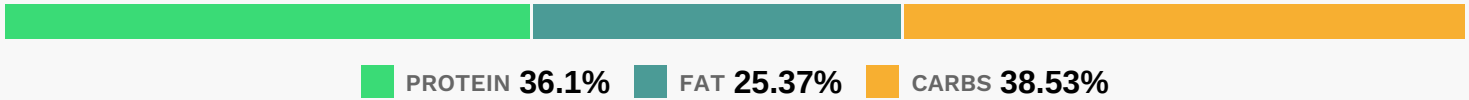
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Place 1 1/2 cups water in a medium saucepan; bring to a boil.
- ☐ Add rice to pan; cover, reduce heat, and simmer 5 minutes.
- ☐ Remove pan from heat; let stand 5 minutes. Spoon rice into a 13 x 9inch baking dish; place dish in freezer.
- ☐ Combine broccoli, bell pepper, and the remaining 1/4 cup water in a microwave-safe dish. Microwave at HIGH 5 minutes or until crisp-tender. Set aside.
- ☐ Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium heat.
- ☐ Add ginger and garlic to pan; cook 1 minute, stirring frequently.
- ☐ Increase heat to medium-high.
- ☐ Add shrimp to pan; cook 4 minutes or until shrimp are done.
- ☐ Remove shrimp mixture from pan.
- ☐ Remove rice from freezer.
- ☐ Heat remaining 1 1/2 tablespoons oil in pan over medium-high heat.

- ☐
- Add rice to pan; cook 3 minutes or until thoroughly heated, stirring frequently.
- ☐
- Combine broth, soy sauce, and cornstarch in a small bowl, stirring with a whisk. Stir broth mixture into rice.
- ☐
- Add shrimp mixture and broccoli mixture to pan; cook 1 1/2 minutes or until sauce thickens.
- ☐
- Sprinkle with almonds and onions.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:2.17, Inflammation Score:-9, Nutrition Score:30.20913054373%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 7.26mg, Kaempferol: 7.26mg, Kaempferol: 7.26mg, Kaempferol: 7.26mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 397.69kcal (19.88%), Fat: 11.49g (17.68%), Saturated Fat: 1.74g (10.85%), Carbohydrates: 39.29g (13.1%), Net Carbohydrates: 34.24g (12.45%), Sugar: 4.18g (4.64%), Cholesterol: 228.21mg (76.07%), Sodium: 758.7mg (32.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.8g (73.59%), Vitamin C: 146.65mg (177.75%), Vitamin K: 108.31µg (103.15%), Phosphorus: 471.06mg (47.11%), Folate: 181.08µg (45.27%), Vitamin A: 2184.57IU (43.69%), Manganese: 0.85mg (42.28%), Copper: 0.76mg (38.24%), Vitamin B1: 0.42mg (27.78%), Vitamin E: 4.17mg (27.77%), Magnesium: 106.36mg (26.59%), Potassium: 896.54mg (25.62%), Iron: 4.2mg (23.33%), Selenium: 15.62µg (22.31%), Zinc: 3.2mg (21.34%), Vitamin B6: 0.41mg (20.33%), Fiber: 5.05g (20.19%), Vitamin B3: 3.88mg (19.41%), Calcium: 176.03mg (17.6%), Vitamin B2: 0.27mg (15.63%), Vitamin B5: 0.94mg (9.37%)