



Shrimp and Broccoli Stir-Fry

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli florets
- 2.5 tablespoons canola oil divided
- 1 tablespoon cornstarch
- 0.1 teaspoon pepper red crushed
- 2 teaspoons ginger fresh minced peeled
- 3 garlic clove thinly sliced
- 0.3 cup spring onion (1-inch)
- 1 teaspoon honey

- 0.3 cup soy sauce
- 2 tablespoons rice vinegar
- 1 pound shrimp deveined peeled

Equipment

- bowl
- frying pan
- wok

Directions

- Combine shrimp and cornstarch in a medium bowl, tossing to coat.
- Heat a large wok or skillet over high heat.
- Add 1 tablespoon oil to pan; swirl to coat.
- Add shrimp; stir-fry 4 minutes.
- Remove shrimp from pan; place in a medium bowl.
- Add 1 1/2 teaspoons oil to pan; swirl to coat.
- Add green onions, ginger, and garlic to pan; stir-fry 45 seconds.
- Add onion mixture to shrimp.
- Add 1 tablespoon oil to pan; swirl to coat.
- Add broccoli; stir-fry 1 1/2 minutes. Stir in shrimp mixture, soy sauce, and remaining ingredients; bring to a boil. Cook 1 minute or until shrimp are done and broccoli is crisp-tender.

Nutrition Facts



PROTEIN 46.12% **FAT 38.53%** **CARBS 15.35%**

Properties

Glycemic Index:52.82, Glycemic Load:1.67, Inflammation Score:-5, Nutrition Score:13.270434897879%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 219kcal (10.95%), Fat: 9.59g (14.75%), Saturated Fat: 0.82g (5.15%), Carbohydrates: 8.6g (2.86%), Net Carbohydrates: 7.03g (2.56%), Sugar: 2.48g (2.76%), Cholesterol: 182.57mg (60.86%), Sodium: 726.66mg (31.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.81g (51.63%), Vitamin K: 65.69µg (62.56%), Vitamin C: 42.52mg (51.54%), Phosphorus: 306.09mg (30.61%), Copper: 0.49mg (24.52%), Magnesium: 62.75mg (15.69%), Potassium: 532.02mg (15.2%), Vitamin E: 2.01mg (13.43%), Manganese: 0.26mg (12.92%), Zinc: 1.89mg (12.63%), Calcium: 108.3mg (10.83%), Folate: 39.91µg (9.98%), Vitamin A: 364.51IU (7.29%), Iron: 1.3mg (7.24%), Vitamin B6: 0.14mg (7.01%), Fiber: 1.57g (6.27%), Vitamin B2: 0.1mg (5.91%), Vitamin B5: 0.33mg (3.34%), Vitamin B1: 0.05mg (3.13%), Vitamin B3: 0.54mg (2.69%), Selenium: 1.7µg (2.43%)