



Shrimp and Broccoli Stir-Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon bottled garlic minced
- ☐ 4 cups broccoli florets
- ☐ 1 tablespoon canola oil divided
- ☐ 2 teaspoons cornstarch
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon ginger fresh minced peeled

- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 cup onion vertically sliced
- ☐ 2 tablespoons rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp deveined peeled

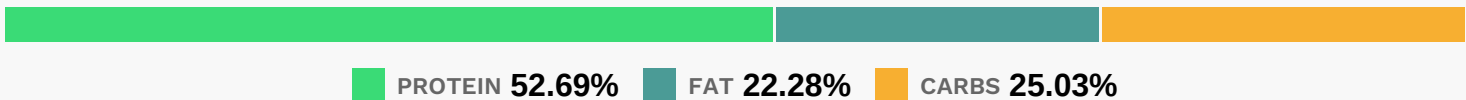
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a small bowl, stirring with a whisk.
- ☐ Heat 2 teaspoons canola oil in a large nonstick skillet over medium-high heat.
- ☐ Add ginger and garlic to pan; stir-fry 30 seconds.
- ☐ Sprinkle shrimp with salt.
- ☐ Add shrimp to pan, and stir-fry 3 minutes or until done.
- ☐ Remove shrimp mixture from the pan.
- ☐ Add remaining 1 teaspoon canola oil to pan.
- ☐ Add broccoli and onion to pan; stir-fry 4 minutes or until broccoli is crisp-tender.
- ☐ Add shrimp mixture and broth mixture to pan; cook 1 minute or until thickened, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:2.39, Inflammation Score:-8, Nutrition Score:19.180000086193%

Flavonoids

Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 7.4mg, Kaempferol: 7.4mg, Kaempferol: 7.4mg, Kaempferol: 7.4mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 11.15mg, Quercetin: 11.15mg, Quercetin: 11.15mg

Nutrients (% of daily need)

Calories: 196.41kcal (9.82%), Fat: 5.05g (7.77%), Saturated Fat: 0.58g (3.6%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 9.51g (3.46%), Sugar: 3.38g (3.76%), Cholesterol: 182.57mg (60.86%), Sodium: 661.11mg (28.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.89g (53.78%), Vitamin C: 85.39mg (103.5%), Vitamin K: 95.74µg (91.18%), Phosphorus: 336.33mg (33.63%), Copper: 0.53mg (26.39%), Potassium: 702.7mg (20.08%), Manganese: 0.39mg (19.49%), Magnesium: 70.45mg (17.61%), Folate: 68.93µg (17.23%), Zinc: 2.08mg (13.89%), Vitamin B6: 0.27mg (13.7%), Calcium: 135.58mg (13.56%), Fiber: 3.27g (13.07%), Vitamin A: 605.13IU (12.1%), Vitamin E: 1.43mg (9.5%), Iron: 1.57mg (8.72%), Vitamin B2: 0.15mg (8.55%), Vitamin B5: 0.64mg (6.4%), Vitamin B1: 0.1mg (6.36%), Selenium: 3.47µg (4.95%), Vitamin B3: 0.85mg (4.26%)