



WHATSheATE



Shrimp and Broccoli with Honey-Walnut Caramel Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound broccoli florets cut into 1-inch pieces
- ☐ 6 large garlic cloves thinly sliced
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 6 servings pepper freshly ground
- ☐ 1.5 pounds shrimp shelled deveined
- ☐ 0.5 cup soya sauce
- ☐ 4 thai chiles or thinly sliced

- ☐ 3 tablespoons vegetable oil
- ☐ 1 cup walnuts packed in honey, lightly drained, plus 1 tablespoon of the honey from the jar

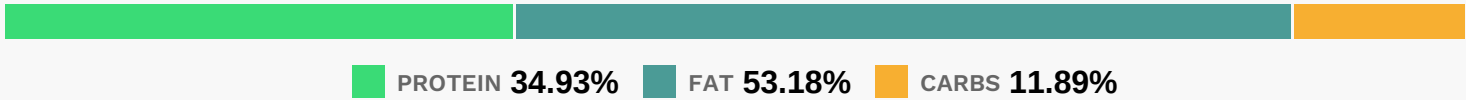
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ In a medium saucepan, heat 1 tablespoon of the oil.
- ☐ Add the walnuts and cook over moderate heat, stirring frequently, until browned, about 4 minutes.
- ☐ Transfer the walnuts to a plate with a slotted spoon.
- ☐ Add another tablespoon of the oil to the saucepan.
- ☐ Add the garlic, season with pepper and cook over low heat, stirring occasionally, until golden, about 4 minutes.
- ☐ Add the 1 tablespoon of the reserved honey; cook over moderate heat, stirring, until deeply browned, 1 minute.
- ☐ Add the soy sauce and simmer until slightly reduced, about 4 minutes. Stir in the lemon juice and remove the garlic-caramel sauce from the heat.
- ☐ In a large skillet, heat the remaining 1 tablespoon of oil.
- ☐ Add the broccoli, cover and cook over moderate heat for 3 minutes. Uncover, add the shrimp and chiles and cook, stirring a few times, just until the shrimp are pink and curled. Stir in the garlic-caramel sauce, sprinkle the walnuts on top and serve.
- ☐ Wine Recommendation: An aromatic, fruity-ripe white will balance the heat and sweetness of this simple dish. Try a Viognier, such as the 2002 Fairview from South Africa, or a California white blend, such as the 2002 Conundrum.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:1.68, Inflammation Score:-7, Nutrition Score:21.747391327568%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 327.68kcal (16.38%), Fat: 20.42g (31.42%), Saturated Fat: 2.44g (15.26%), Carbohydrates: 10.27g (3.42%), Net Carbohydrates: 6.72g (2.44%), Sugar: 2.35g (2.61%), Cholesterol: 182.57mg (60.86%), Sodium: 1240.95mg (53.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.18g (60.35%), Vitamin C: 74.92mg (90.82%), Vitamin K: 90.64µg (86.33%), Manganese: 1.03mg (51.32%), Copper: 0.83mg (41.55%), Phosphorus: 391.14mg (39.11%), Magnesium: 95.75mg (23.94%), Potassium: 689.27mg (19.69%), Folate: 71.53µg (17.88%), Zinc: 2.56mg (17.06%), Vitamin B6: 0.32mg (16.02%), Fiber: 3.56g (14.23%), Calcium: 137.54mg (13.75%), Iron: 2.26mg (12.55%), Vitamin A: 499.5IU (9.99%), Vitamin B1: 0.14mg (9.36%), Vitamin B2: 0.15mg (9%), Vitamin E: 1.31mg (8.7%), Vitamin B3: 1.51mg (7.55%), Vitamin B5: 0.64mg (6.42%), Selenium: 3.44µg (4.92%)