



Shrimp and Pork Hash

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



5

CALORIES



105 kcal

SIDE DISH

Ingredients

- 2 tablespoons cornstarch
- 1 large egg white
- 1 teaspoon garlic minced
- 2 tablespoons green onion thinly sliced
- 4 ounces ground pork lean
- 1 tablespoon oyster sauce prepared
- 0.1 teaspoon pepper
- 0.3 teaspoon salt

- 0.3 teaspoon asian sesame oil toasted ()
- 4 ounces shrimp deveined peeled
- 2 tablespoons water chestnuts fresh canned peeled chopped

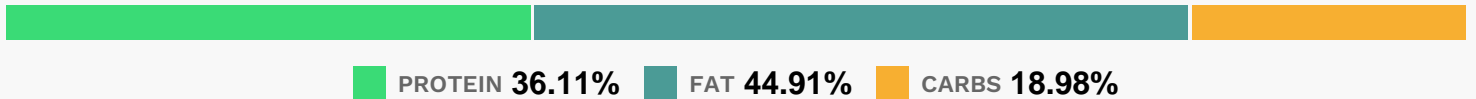
Equipment

- bowl

Directions

- Mince shrimp until it forms a coarse paste. In a bowl, mix shrimp, pork, egg white, cornstarch, water chestnuts, green onion, oyster sauce, garlic, sesame oil, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:18.8, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:3.8643478323584%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 104.55kcal (5.23%), Fat: 5.16g (7.94%), Saturated Fat: 1.84g (11.51%), Carbohydrates: 4.9g (1.63%), Net Carbohydrates: 4.55g (1.65%), Sugar: 0.34g (0.37%), Cholesterol: 52.84mg (17.61%), Sodium: 266.69mg (11.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.33g (18.66%), Vitamin B1: 0.17mg (11.35%), Selenium: 7.31µg (10.45%), Phosphorus: 94.08mg (9.41%), Copper: 0.12mg (6.05%), Zinc: 0.86mg (5.75%), Vitamin B6: 0.11mg (5.57%), Vitamin B3: 1.09mg (5.47%), Vitamin B2: 0.09mg (5.39%), Vitamin K: 5.11µg (4.86%), Potassium: 158.36mg (4.52%), Magnesium: 14.4mg (3.6%), Vitamin B12: 0.18µg (2.99%), Iron: 0.48mg (2.65%), Calcium: 22.83mg (2.28%), Manganese: 0.04mg (2.21%), Vitamin B5: 0.18mg (1.84%), Fiber: 0.36g (1.43%), Vitamin C: 0.92mg (1.11%), Folate: 4.03µg (1.01%)