



## Shrimp And Red Pepper Stir-Fry

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

READY IN



45 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup broccoli florets
- 4 cups rice long-grain hot cooked
- 1 tablespoon cornstarch
- 1 cup less-sodium chicken broth fat-free
- 0.3 teaspoon garlic powder
- 0.5 teaspoon ground ginger
- 3 tablespoons soya sauce reduced-sodium
- 1 large onion cut into 8 wedges

- 1 bell pepper red cut into 1-inch pieces
- 0.3 teaspoon pepper dried red crushed
- 0.8 pound shrimp deveined peeled
- 1.5 teaspoons sugar
- 2 teaspoons vegetable oil divided

## Equipment

- bowl
- frying pan

## Directions

- Combine first 7 ingredients in a medium bowl; set aside.
- Heat 1 teaspoon oil in a large skillet over high heat.
- Add shrimp, and saut 3 minutes.
- Remove shrimp from pan; keep warm.
- Add 1 teaspoon oil to pan.
- Add onion, bell pepper, and broccoli; saut 4 minutes or until crisptender.
- Add broth mixture. Bring to a boil; reduce heat, and simmer, uncovered, 30 seconds, stirring constantly.
- Add shrimp; simmer 1 minute, stirring constantly.
- Remove from heat.
- Serve over rice.

## Nutrition Facts



**PROTEIN 27.52%** **FAT 8.98%** **CARBS 63.5%**

## Properties

Glycemic Index:68.77, Glycemic Load:50.32, Inflammation Score:-8, Nutrition Score:17.330000011817%

## Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg

## **Nutrients (% of daily need)**

Calories: 352.37kcal (17.62%), Fat: 3.51g (5.39%), Saturated Fat: 0.62g (3.9%), Carbohydrates: 55.76g (18.59%), Net Carbohydrates: 53.08g (19.3%), Sugar: 4.97g (5.52%), Cholesterol: 136.93mg (45.64%), Sodium: 779.52mg (33.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.16g (48.32%), Vitamin C: 61.15mg (74.12%), Manganese: 1.05mg (52.44%), Phosphorus: 311.56mg (31.16%), Vitamin K: 29.09µg (27.7%), Copper: 0.49mg (24.68%), Vitamin A: 1111.09IU (22.22%), Selenium: 14.22µg (20.31%), Magnesium: 70.6mg (17.65%), Vitamin B6: 0.35mg (17.64%), Potassium: 536.57mg (15.33%), Zinc: 2.27mg (15.15%), Folate: 45.89µg (11.47%), Fiber: 2.68g (10.73%), Vitamin B5: 1mg (9.97%), Calcium: 98.4mg (9.84%), Iron: 1.46mg (8.14%), Vitamin B3: 1.61mg (8.03%), Vitamin B2: 0.13mg (7.38%), Vitamin E: 1mg (6.67%), Vitamin B1: 0.09mg (6.07%), Vitamin B12: 0.11µg (1.89%)