



Shrimp and Romaine Stir-Fry

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons cornstarch
- 1 tablespoon ginger fresh peeled finely chopped
- 5 garlic clove
- 0.3 cup chicken broth reduced-sodium
- 0.5 teaspoon pepper dried hot for stir-fry
- 4 servings rice white
- 2 tablespoons rice vinegar (not seasoned)
- 2 baby greens

- 1.3 pounds shrimp (dry deveined peeled per pound), patted
- 3 tablespoons soya sauce
- 1 tablespoon sugar
- 3 tablespoons vegetable oil

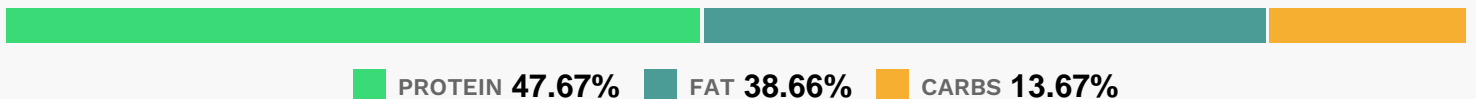
Equipment

- bowl
- frying pan

Directions

- Stir together all sauce ingredients in a small bowl.
- Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then stir-fry garlic and ginger until fragrant, about 30 seconds.
- Add shrimp and stir-fry until almost cooked through, about 3 minutes.
- Add half of romaine and stir-fry until it begins to wilt, then add remaining romaine and stir-fry until just wilted and shrimp are just cooked through, about 1 minute. Stir sauce, then add to stir-fry and simmer, stirring, 2 minutes.

Nutrition Facts



Properties

Glycemic Index:60.32, Glycemic Load:3.06, Inflammation Score:-10, Nutrition Score:16.724782859502%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 258.7kcal (12.93%), Fat: 11.31g (17.4%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 9g (3%), Net Carbohydrates: 7.48g (2.72%), Sugar: 4.01g (4.46%), Cholesterol: 228.21mg (76.07%), Sodium: 938.48mg (40.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.38g (62.75%), Vitamin A: 4995.61IU (99.91%), Vitamin K: 77µg

(73.33%), Phosphorus: 352.39mg (35.24%), Copper: 0.63mg (31.53%), Folate: 79.72µg (19.93%), Potassium: 587.87mg (16.8%), Magnesium: 65.53mg (16.38%), Zinc: 2.18mg (14.53%), Manganese: 0.29mg (14.42%), Calcium: 121.55mg (12.15%), Iron: 1.78mg (9.9%), Vitamin E: 1.01mg (6.75%), Vitamin B6: 0.13mg (6.35%), Fiber: 1.51g (6.06%), Vitamin B3: 1.06mg (5.32%), Vitamin C: 3.52mg (4.27%), Vitamin B2: 0.07mg (4.26%), Vitamin B1: 0.06mg (3.86%), Vitamin B5: 0.17mg (1.69%), Selenium: 1.16µg (1.66%)