



Shrimp and Sirloin Sizzle

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

READY IN



45 min.

SERVINGS



6

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings rice hot cooked
- 2 tablespoons ginger fresh grated
- 6 servings garnish: green onion sliced
- 3 tablespoons hoisin sauce
- 1 tablespoon honey
- 0.3 cup juice of lime fresh
- 0.5 bell pepper red thinly sliced
- 0.5 teaspoon pepper dried red crushed

- 1 pound shrimp deveined peeled
- 1 tablespoon soya sauce
- 1 pound beef top sirloin steaks boneless cut into thin, 2-inch-long strips
- 1 teaspoon vegetable oil
- 0.5 bell pepper yellow thinly sliced

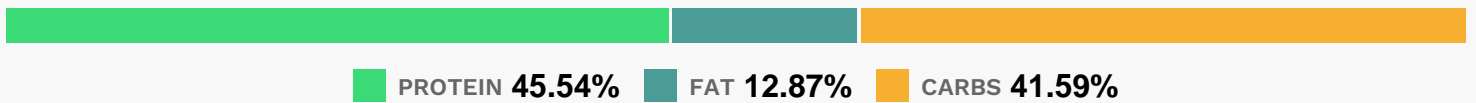
Equipment

- bowl
- frying pan
- wok

Directions

- Combine first 7 ingredients in a medium bowl; toss to coat.
- Heat oil in a large nonstick skillet or wok over medium-high heat until hot.
- Add steak and marinade to pan; cook 3 minutes or to desired degree of doneness.
- Add shrimp and bell peppers, and cook, stirring constantly, 3 minutes or just until shrimp turn pink.
- Serve immediately over hot cooked rice.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:42.55, Glycemic Load:25.71, Inflammation Score:-6, Nutrition Score:16.881739243217%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg, Myricetin: 0.02mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 312.51kcal (15.63%), Fat: 4.42g (6.8%), Saturated Fat: 1.31g (8.16%), Carbohydrates: 32.13g (10.71%), Net Carbohydrates: 30.95g (11.25%), Sugar: 5.98g (6.65%), Cholesterol: 166.56mg (55.52%), Sodium: 435.27mg (18.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.18g (70.35%), Vitamin C: 36.22mg (43.9%), Selenium: 29.54µg (42.21%), Phosphorus: 372.7mg (37.27%), Vitamin B6: 0.62mg (31.08%), Zinc: 4.56mg (30.41%), Vitamin B3: 5.7mg (28.48%), Manganese: 0.49mg (24.36%), Copper: 0.45mg (22.59%), Potassium: 601.99mg (17.2%), Magnesium: 62.42mg (15.61%), Vitamin K: 15.42µg (14.68%), Iron: 2.17mg (12.04%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 0.9mg (8.97%), Vitamin A: 446.76IU (8.94%), Calcium: 85.2mg (8.52%), Vitamin B2: 0.14mg (8.49%), Folate: 27.28µg (6.82%), Vitamin B1: 0.09mg (6.03%), Fiber: 1.18g (4.73%), Vitamin E: 0.62mg (4.11%)