



Shrimp and Vegetable Stir-Fry



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups brown rice dry steamed for serving (cook 2 cups
- ☐ 0.8 cup chicken broth
- ☐ 1 tablespoon cornstarch
- ☐ 3 garlic clove minced
- ☐ 0.3 cup orange juice fresh
- ☐ 1 lb savory vegetable frozen thawed drained
- ☐ 1 pound shrimp frozen thawed deveined peeled
- ☐ 2 tablespoons soya sauce

- ☐ 0.5 teaspoon sugar
- ☐ 2 tablespoons vegetable oil

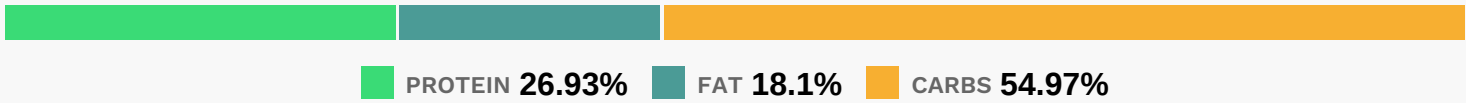
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ In a small bowl, whisk together broth, orange juice, soy sauce, cornstarch and sugar; set aside.
- ☐ Heat oil in wok or large nonstick skillet over medium-high heat.
- ☐ Add shrimp and stir-fry for 2 minutes.
- ☐ Add half of garlic and stir-fry, about 2 more minutes.
- ☐ Transfer to plate.
- ☐ Add vegetables and cook, stirring, until heated through, about 3 minutes. Stir sauce again and add to pan, stirring until thickened, about 2 minutes. Return shrimp to pan and toss to coat.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:66.07, Glycemic Load:28.37, Inflammation Score:-10, Nutrition Score:25.015652232844%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 475.39kcal (23.77%), Fat: 9.73g (14.97%), Saturated Fat: 1.6g (9.98%), Carbohydrates: 66.48g (22.16%),
Net Carbohydrates: 58.27g (21.19%), Sugar: 2.17g (2.41%), Cholesterol: 183.45mg (61.15%), Sodium: 857.13mg
(37.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.58g (65.16%), Manganese: 2.56mg (127.97%),
Vitamin A: 5790.44IU (115.81%), Phosphorus: 479.53mg (47.95%), Magnesium: 159.07mg (39.77%), Copper: 0.74mg
(37.01%), Fiber: 8.21g (32.86%), Vitamin B1: 0.37mg (24.68%), Vitamin C: 20.25mg (24.54%), Vitamin B3: 4.54mg
(22.72%), Vitamin B6: 0.45mg (22.58%), Zinc: 3.34mg (22.29%), Potassium: 760.93mg (21.74%), Iron: 3.03mg
(16.81%), Calcium: 129.81mg (12.98%), Vitamin K: 12.56µg (11.96%), Folate: 47.02µg (11.76%), Vitamin B5: 1.03mg
(10.3%), Vitamin B2: 0.17mg (9.81%), Vitamin E: 0.58mg (3.88%), Selenium: 1.1µg (1.57%)