



Shrimp & Bok Choy Stir-Fry

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

READY IN



20 min.

SERVINGS



4

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 lb baby bok choy cut into 1-inch pieces (2 cups)
- 1 tsp gingerroot grated
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 Tbsp oil
- 0.5 onion sliced
- 1 bell pepper red cut into strips
- 0.8 lb shrimp deveined uncooked peeled
- 2 tsp sugar

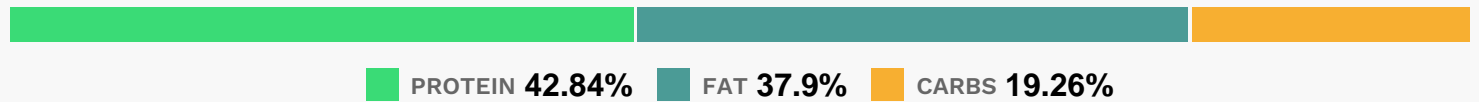
Equipment

- bowl
- frying pan

Directions

- Mix first 3 ingredients until blended.
- Heat oil in large skillet on medium-high heat.
- Add peppers and onions; stir-fry 2 min.
- Add bok choy; stir-fry 1 min.
- Transfer to bowl; cover to keep warm.
- Add 1 Tbsp. of the dressing mixture and shrimp to skillet; stir-fry 2 min.
- Add vegetables and remaining dressing mixture; stir-fry 1 to 2 min. or until shrimp turn pink and vegetables are heated through.

Nutrition Facts



Properties

Glycemic Index:36.02, Glycemic Load:2.14, Inflammation Score:-9, Nutrition Score:12.036521541036%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 167.57kcal (8.38%), Fat: 7.15g (10.99%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 6.73g (2.45%), Sugar: 6.09g (6.77%), Cholesterol: 136.93mg (45.64%), Sodium: 285.73mg (12.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.18g (36.35%), Vitamin C: 64.7mg (78.42%), Vitamin A: 3460.14IU (69.2%), Phosphorus: 196.1mg (19.61%), Copper: 0.35mg (17.35%), Calcium: 124.06mg (12.41%), Vitamin K: 12.23µg (11.65%), Vitamin E: 1.41mg (9.39%), Potassium: 321.83mg (9.2%), Magnesium: 35.66mg (8.92%), Zinc: 1.25mg (8.33%), Iron: 1.05mg (5.83%), Fiber: 1.44g (5.74%), Vitamin B6: 0.11mg (5.66%), Manganese: 0.08mg (4.25%), Folate: 16.35µg (4.09%), Vitamin B2: 0.03mg (1.74%), Vitamin B1: 0.03mg (1.7%), Vitamin B3: 0.33mg

(1.65%), Vitamin B5: 0.11mg (1.12%)