



Shrimp Oriental



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chili sauce
- ☐ 2 tablespoons cornstarch
- ☐ 1 bell pepper green cubed
- ☐ 4 servings garnish: green onion slivers
- ☐ 0.3 cup catsup
- ☐ 15.5 ounce pineapple chunks undrained canned
- ☐ 1 bell pepper red cubed
- ☐ 0.3 cup rice wine vinegar

- ☐ 1 teaspoon salt
- ☐ 2 pounds shrimp fresh unpeeled
- ☐ 1 teaspoon soya sauce
- ☐ 0.5 cup sugar

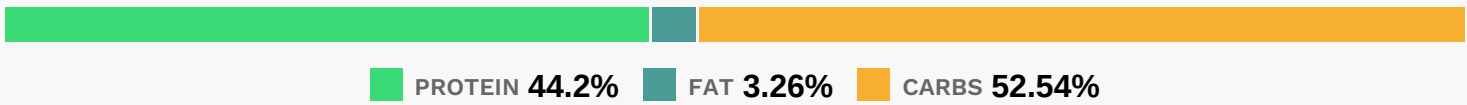
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Peel shrimp, and devein, if desired. Set shrimp aside.
- ☐ Drain pineapple, reserving juice. Stir together pineapple juice, sugar, and next 6 ingredients.
- ☐ Cook juice mixture in a large skillet or wok over high heat, stirring constantly, 15 to 30 seconds or until thickened.
- ☐ Add cubed bell pepper, and cook 3 to 4 minutes.
- ☐ Add pineapple chunks and shrimp. Cover and cook, stirring often, 3 to 5 minutes or just until shrimp turn pink.
- ☐ Serve over Lemon Rice Pilaf, if desired.
- ☐ Garnish, if desired.
- ☐ Chicken Oriental: Substitute 4 skinned and boned chicken breast halves, cubed, for shrimp. Cook for 10 minutes or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:52.27, Glycemic Load:18.02, Inflammation Score:-8, Nutrition Score:18.355652451515%

Flavonoids

Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin:

1.54mg

Nutrients (% of daily need)

Calories: 416.65kcal (20.83%), Fat: 1.55g (2.39%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 56.31g (18.77%), Net Carbohydrates: 53.31g (19.39%), Sugar: 48.01g (53.34%), Cholesterol: 365.14mg (121.71%), Sodium: 1222.02mg (53.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.37g (94.74%), Vitamin C: 75.47mg (91.48%), Copper: 1.07mg (53.4%), Phosphorus: 521.15mg (52.11%), Potassium: 954.55mg (27.27%), Magnesium: 108mg (27%), Vitamin A: 1309.89IU (26.2%), Zinc: 3.35mg (22.31%), Calcium: 178.55mg (17.85%), Vitamin K: 17.84µg (16.99%), Vitamin B6: 0.29mg (14.29%), Fiber: 3g (12.01%), Iron: 2.01mg (11.18%), Vitamin B1: 0.16mg (10.55%), Manganese: 0.19mg (9.74%), Folate: 28.74µg (7.18%), Vitamin E: 1.07mg (7.14%), Vitamin B2: 0.11mg (6.29%), Vitamin B3: 1.24mg (6.21%), Selenium: 1.08µg (1.55%), Vitamin B5: 0.14mg (1.43%)