



Shrimp Quinoa

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

READY IN



45 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 spears asparagus fresh trimmed cut into 1 inch pieces
- 1.5 cups chicken broth
- 1 tablespoon ginger root fresh minced
- 1 cup mushrooms fresh sliced
- 3 cloves garlic minced
- 1 tablespoon juice of lemon
- 2 tablespoons olive oil
- 1 onion diced

- 1 cup quinoa rinsed uncooked
- 0.3 cup raisins
- 1 bell pepper diced red
- 4 servings salt and pepper to taste
- 1 pound shrimp deveined uncooked peeled

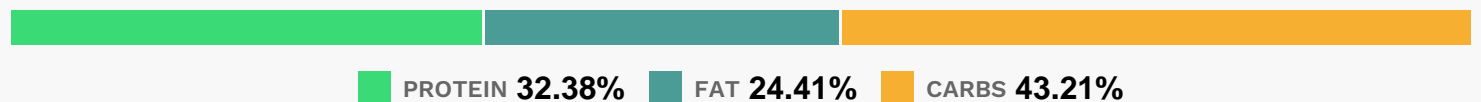
Equipment

- frying pan
- sauce pan

Directions

- Bring the quinoa and chicken broth to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender about 15 minutes. Turn off the heat, and let the remaining liquid absorb into the quinoa.
- Meanwhile, heat the olive oil in a large skillet over medium heat. Stir in the garlic, onion, and red bell pepper; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- Add the asparagus, mushrooms, raisins, and ginger; continue cooking until the asparagus is tender. Stir in the shrimp, and cook until the shrimp have turned pink and are no longer translucent in the center.
- Stir the lemon juice into the quinoa, then toss the quinoa with the shrimp and vegetable mixture. Season to taste with salt and pepper before serving.

Nutrition Facts



Properties

Glycemic Index:56.7, Glycemic Load:5.37, Inflammation Score:-9, Nutrition Score:23.220000163369%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg,

Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 3.2mg, Isorhamnetin: 3.2mg, Isorhamnetin: 3.2mg, Isorhamnetin: 3.2mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.18mg, Quercetin: 10.18mg, Quercetin: 10.18mg, Quercetin: 10.18mg

Nutrients (% of daily need)

Calories: 382.77kcal (19.14%), Fat: 10.66g (16.4%), Saturated Fat: 1.47g (9.18%), Carbohydrates: 42.47g (14.16%), Net Carbohydrates: 36.78g (13.37%), Sugar: 4.02g (4.46%), Cholesterol: 184.33mg (61.44%), Sodium: 665.26mg (28.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.82g (63.63%), Manganese: 1.14mg (56.97%), Vitamin C: 45.14mg (54.72%), Phosphorus: 504.55mg (50.45%), Copper: 0.9mg (44.94%), Magnesium: 141.52mg (35.38%), Folate: 119.11µg (29.78%), Potassium: 893.41mg (25.53%), Vitamin A: 1182.08IU (23.64%), Fiber: 5.69g (22.76%), Zinc: 3.37mg (22.45%), Vitamin B2: 0.38mg (22.45%), Iron: 3.91mg (21.73%), Vitamin B6: 0.43mg (21.5%), Vitamin E: 2.93mg (19.55%), Vitamin B1: 0.28mg (18.76%), Vitamin K: 19.13µg (18.22%), Vitamin B3: 2.47mg (12.37%), Calcium: 120.19mg (12.02%), Selenium: 7.49µg (10.7%), Vitamin B5: 0.94mg (9.37%)