



Shrimp Sautéed with Broccolini

 Gluten Free

READY IN



67 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound broccolini trimmed
- 2 tablespoons butter
- 3 cups brown rice long-grain hot cooked
- 1 tablespoon ginger fresh peeled thinly sliced
- 0.3 cup spring onion sliced
- 2 teaspoons olive oil
- 0.5 teaspoon salt
- 0.8 pound shrimp deveined peeled

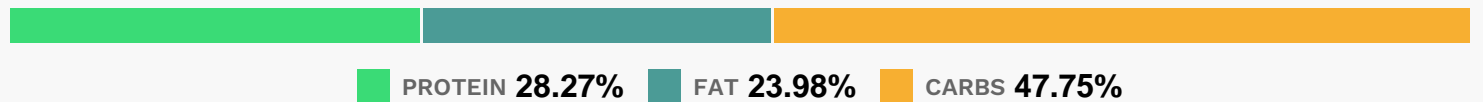
Equipment

frying pan

Directions

- Cook Broccolini in boiling water for 2 minutes or until nearly tender; drain.
- Heat a large nonstick skillet over medium-high heat.
- Add oil to pan; swirl to coat.
- Add onions and ginger; saut 1 minute.
- Add shrimp, salt, and Broccolini; saut 4 minutes or until shrimp are done. Stir in Shrimp Butter; cook for 30 seconds or until butter melts.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.14, Inflammation Score:-9, Nutrition Score:19.119999987276%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 352.6kcal (17.63%), Fat: 9.45g (14.54%), Saturated Fat: 4.23g (26.43%), Carbohydrates: 42.36g (14.12%), Net Carbohydrates: 38.19g (13.89%), Sugar: 3.36g (3.73%), Cholesterol: 151.98mg (50.66%), Sodium: 478.83mg (20.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.08g (50.15%), Vitamin C: 105.32mg (127.66%), Manganese: 1.37mg (68.32%), Vitamin A: 2238.39IU (44.77%), Phosphorus: 307.98mg (30.8%), Copper: 0.49mg (24.41%), Magnesium: 94.8mg (23.7%), Selenium: 14.45µg (20.65%), Fiber: 4.17g (16.67%), Calcium: 155.76mg (15.58%), Vitamin K: 15.51µg (14.77%), Zinc: 2.1mg (13.99%), Iron: 2.14mg (11.88%), Vitamin B3: 2.28mg (11.42%), Vitamin B6: 0.22mg (10.94%), Vitamin B1: 0.14mg (9.64%), Potassium: 313.69mg (8.96%), Vitamin B5: 0.43mg (4.33%), Vitamin E: 0.53mg (3.55%), Vitamin B2: 0.04mg (2.62%), Folate: 10.25µg (2.56%)