



## Shrimp Stir-Fry

 Dairy Free

READY IN



26 min.

SERVINGS



4

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 oz angel hair pasta uncooked ()
- 2 tsp cornstarch
- 3 cups vegetables mixed frozen
- 1 Tbsp gingerroot freshly grated
- 2 Tbsp hoisin sauce
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 2 tsp oil
- 1 lb shrimp frozen deveined uncooked peeled

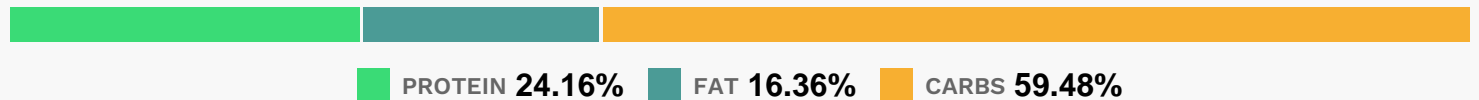
## Equipment

- bowl
- frying pan
- sieve

## Directions

- Cook pasta as directed on package. Toss shrimp with cornstarch in large bowl; let stand 10 min.
- Place vegetables in strainer; rinse under hot water 30 sec. or until vegetables are thawed.
- Drain.
- Meanwhile, heat oil in large nonstick skillet on medium-high heat.
- Add shrimp and ginger; stir-fry 8 min. or until shrimp turn pink.
- Add vegetables, dressing and hoisin sauce; cook 2 min. or until heated through, stirring frequently.
- Drain pasta; place in large serving bowl.
- Add shrimp mixture; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:22.87, Inflammation Score:-10, Nutrition Score:25.745652146961%

## Nutrients (% of daily need)

Calories: 456.18kcal (22.81%), Fat: 8.35g (12.84%), Saturated Fat: 1.07g (6.68%), Carbohydrates: 68.27g (22.76%), Net Carbohydrates: 60.73g (22.08%), Sugar: 5.31g (5.9%), Cholesterol: 143.12mg (47.71%), Sodium: 985.15mg (42.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.73g (55.46%), Vitamin A: 7141.35IU (142.83%), Selenium: 70.42µg (100.61%), Phosphorus: 470.36mg (47.04%), Manganese: 0.92mg (45.76%), Fiber: 7.54g (30.17%), Copper: 0.51mg (25.73%), Vitamin B3: 4.82mg (24.08%), Magnesium: 91.19mg (22.8%), Vitamin B12: 1.26µg (20.98%), Vitamin B6: 0.41mg (20.56%), Folate: 73.37µg (18.34%), Vitamin C: 14.37mg (17.42%), Zinc: 2.56mg (17.04%), Potassium: 573.11mg (16.37%), Vitamin B1: 0.24mg (16.26%), Vitamin E: 2.3mg (15.34%), Iron: 2.41mg

(13.37%), Calcium: 112.04mg (11.2%), Vitamin B2: 0.19mg (10.88%), Vitamin K: 10.27µg (9.78%), Vitamin B5: 0.83mg (8.27%)