



Shrimp Stir-Fry



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup boil-in-a-bag brown rice
- ☐ 0.5 teaspoon soya sauce low-sodium
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup stir-fry vegetables frozen
- ☐ 5 ounces shrimp fresh deveined peeled ()

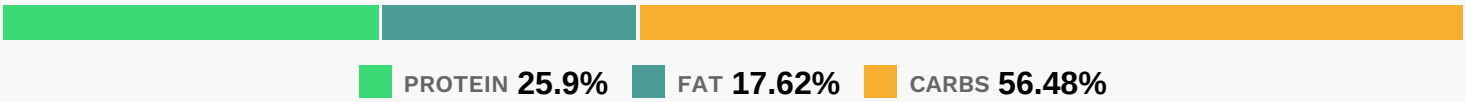
Equipment

- ☐ frying pan

Directions

- ☐
- Prepare the rice according to the package directions. Meanwhile, heat the oil in a medium skillet over medium-high heat.
- ☐
- Add the shrimp and vegetables. Cook, stirring occasionally, until the shrimp are cooked through, 3 to 5 minutes. Stir in the soy sauce.
- ☐
- Transfer to a plate and serve alongside the rice.

Nutrition Facts



Properties

Glycemic Index:103.75, Glycemic Load:44.49, Inflammation Score:-10, Nutrition Score:26.596956276375%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 594.77kcal (29.74%), Fat: 11.75g (18.08%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 84.75g (28.25%), Net Carbohydrates: 77.86g (28.31%), Sugar: 0.01g (0.01%), Cholesterol: 228.21mg (76.07%), Sodium: 305.41mg (13.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.87g (77.75%), Manganese: 3.84mg (191.76%), Vitamin A: 4620.98IU (92.42%), Phosphorus: 611.98mg (61.2%), Magnesium: 209.03mg (52.26%), Copper: 0.9mg (45.16%), Vitamin B1: 0.5mg (33.62%), Vitamin B6: 0.57mg (28.75%), Zinc: 4.25mg (28.32%), Fiber: 6.89g (27.55%), Vitamin B3: 5.26mg (26.3%), Potassium: 830.61mg (23.73%), Iron: 3.39mg (18.83%), Vitamin B5: 1.57mg (15.75%), Calcium: 145.65mg (14.56%), Folate: 46.49µg (11.62%), Vitamin C: 9.46mg (11.47%), Vitamin E: 1.16mg (7.75%), Vitamin B2: 0.12mg (7.31%), Vitamin K: 4.82µg (4.59%)