



## Shrimp Stir-Fry Soup

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

READY IN



**35 min.**

SERVINGS



**6**

CALORIES



**342 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 carrots diced
- 1.5 cups rice white cooked
- 1 tablespoon cornstarch
- 6 ounces deli ham diced (in 1 piece)
- 4 teaspoons ginger grated peeled
- 6 servings kosher salt
- 4 cups chicken broth low-sodium
- 3 tablespoons soya sauce low-sodium

- 3 tablespoons rice wine dry
- 1 bunch scallions white green separated sliced ( and parts )
- 1 teaspoon sesame oil toasted
- 0.8 pound mushroom caps thinly sliced
- 1 pound shrimp deveined peeled
- 1.3 cups snow peas trimmed sliced
- 0.8 teaspoon sugar
- 3 tablespoons vegetable oil
- 6 servings pepper white freshly ground


## Equipment

- bowl
- sauce pan
- whisk
- pot
- dutch oven

## Directions

- Bring a medium saucepan of water to a boil.
- Add the snow peas and cook until crisp-tender, about 4 minutes. Fill a bowl with ice water.
- Drain the snow peas and transfer to the ice bath to cool; drain and set aside.
- Whisk the cornstarch, soy sauce, sesame oil and 1/4 cup water in a small bowl; set aside.
- Heat the peanut oil in a Dutch oven or heavy-bottomed pot over high heat.
- Add the scallion whites, ginger, carrots, sugar and 3/4 teaspoon salt; stir-fry 1 minute.
- Add the mushrooms and ham and stir-fry 1 more minute.
- Add the rice wine, broth and 2 cups water to the pot and bring to a rapid simmer.
- Add the shrimp and cook, stirring, until pink, about 1 minute.
- Whisk the cornstarch mixture and stir it into the soup; simmer until slightly thickened, about 2 minutes. Stir in the snow peas and rice and season with white pepper. Divide among bowls;

top with the scallion greens.

 Photograph by Johnny Miller

## Nutrition Facts

 **PROTEIN 33.32%**  **FAT 36.96%**  **CARBS 29.72%**

### Properties

Glycemic Index:53.32, Glycemic Load:14.17, Inflammation Score:-10, Nutrition Score:20.911739038384%

### Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

### Nutrients (% of daily need)

Calories: 342.02kcal (17.1%), Fat: 14.14g (21.75%), Saturated Fat: 3.25g (20.33%), Carbohydrates: 25.59g (8.53%), Net Carbohydrates: 21.91g (7.97%), Sugar: 4.56g (5.07%), Cholesterol: 139.29mg (46.43%), Sodium: 984.23mg (42.79%), Alcohol: 0.77g (100%), Alcohol %: 0.22% (100%), Protein: 28.68g (57.37%), Vitamin A: 5357.14IU (107.14%), Phosphorus: 391.89mg (39.19%), Vitamin B3: 6.33mg (31.67%), Manganese: 0.58mg (28.93%), Vitamin K: 30.04µg (28.61%), Copper: 0.57mg (28.33%), Potassium: 792.2mg (22.63%), Vitamin B6: 0.42mg (21.21%), Zinc: 2.85mg (19%), Selenium: 12.99µg (18.55%), Vitamin C: 15.29mg (18.53%), Vitamin B2: 0.3mg (17.57%), Magnesium: 67.55mg (16.89%), Vitamin B1: 0.24mg (16.27%), Fiber: 3.68g (14.73%), Vitamin B5: 1.41mg (14.05%), Iron: 2.29mg (12.72%), Calcium: 92.21mg (9.22%), Folate: 30.28µg (7.57%), Vitamin E: 1.02mg (6.82%), Vitamin B12: 0.34µg (5.65%), Vitamin D: 0.43µg (2.83%)