



Shrimp Stir-Fry with Ginger

 Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



2

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons almonds sliced
- ☐ 1.5 cups brown rice cooked
- ☐ 2 teaspoons sesame oil dark
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons less-sodium soy sauce
- ☐ 4 cups stir-fry vegetables frozen thawed

- ☐ 1 scallion chopped
- ☐ 3 ounces precooked shrimp frozen thawed 14 medium

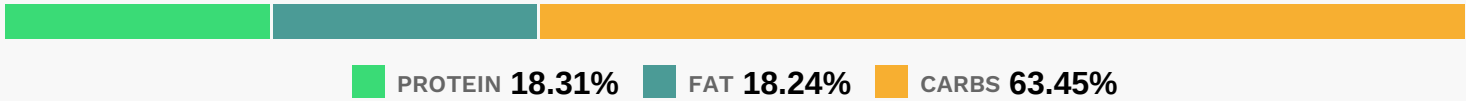
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add soy sauce, honey, ginger, and garlic; cook 1 minute.
- ☐ Add vegetables, shrimp, and cooked rice; cook 8 minutes.
- ☐ Remove from heat. Top with almonds and scallions.

Nutrition Facts



Properties

Glycemic Index:118.24, Glycemic Load:37.12, Inflammation Score:-10, Nutrition Score:34.23826082893%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 576.4kcal (28.82%), Fat: 12.41g (19.1%), Saturated Fat: 1.61g (10.04%), Carbohydrates: 97.14g (32.38%), Net Carbohydrates: 78.28g (28.46%), Sugar: 9.36g (10.41%), Cholesterol: 68.46mg (22.82%), Sodium: 801.59mg (34.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.03g (56.05%), Vitamin A: 18544.11IU (370.88%), Manganese: 2.88mg (143.95%), Fiber: 18.86g (75.46%), Magnesium: 208.3mg (52.07%), Phosphorus: 501.45mg (50.15%), Vitamin C: 40.15mg (48.66%), Vitamin B1: 0.63mg (42.02%), Copper: 0.76mg (37.99%), Vitamin B3: 7.14mg (35.69%), Potassium: 1177.68mg (33.65%), Vitamin B6: 0.66mg (32.78%), Folate: 127.38µg (31.84%), Iron:

5.25mg (29.15%), Vitamin B2: 0.49mg (28.98%), Zinc: 3.65mg (24.31%), Vitamin E: 2.73mg (18.17%), Calcium: 175.48mg (17.55%), Vitamin B5: 1.3mg (13.01%), Vitamin K: 13.02µg (12.4%), Selenium: 2.52µg (3.6%)