



Shrimp with Broccoli in Garlic Sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups broccoli florets fresh
- ☐ 0.3 cup water chestnuts canned drained
- ☐ 2 tablespoons cornstarch
- ☐ 2 teaspoons ginger root fresh grated
- ☐ 4 large cloves garlic minced
- ☐ 1 cup chicken broth low-sodium
- ☐ 1 tablespoon oyster sauce
- ☐ 2 tablespoons vegetable oil; peanut oil preferred

- ☐ 1 pound shrimp deveined uncooked peeled
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon water

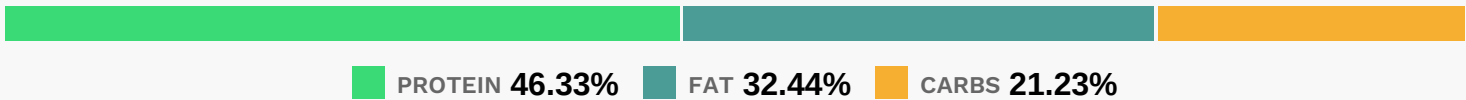
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wok
- ☐ microwave

Directions

- ☐ Combine broccoli and water in a glass bowl; steam in microwave oven until slightly tender, 2 to 3 minutes.
- ☐ Heat peanut oil in a large skillet or wok over medium-high heat. Cook garlic in hot oil until fragrant, about 1 minute. Reduce heat to low; add chicken broth, soy sauce, oyster sauce, and ginger root to the garlic. Bring the mixture to a boil and add the shrimp; cook and stir until the shrimp turn pink, 3 to 4 minutes. Toss steamed broccoli and water chestnuts with the shrimp mixture to coat with the sauce. Stir cornstarch into the mixture 1 tablespoon at a time until the sauce thickens, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.92, Inflammation Score:-5, Nutrition Score:12.542608737946%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 219.7kcal (10.99%), Fat: 8.15g (12.54%), Saturated Fat: 1.47g (9.16%), Carbohydrates: 12g (4%), Net Carbohydrates: 10.1g (3.67%), Sugar: 1.52g (1.68%), Cholesterol: 182.57mg (60.86%), Sodium: 544.76mg (23.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.2g (52.41%), Vitamin C: 41.86mg (50.74%), Vitamin K: 46.55µg (44.34%), Phosphorus: 306.93mg (30.69%), Copper: 0.54mg (27.22%), Potassium: 548.15mg (15.66%), Magnesium: 54.28mg (13.57%), Zinc: 1.91mg (12.76%), Manganese: 0.24mg (11.76%), Calcium: 105.29mg (10.53%), Vitamin E: 1.57mg (10.46%), Vitamin B6: 0.17mg (8.45%), Iron: 1.43mg (7.95%), Folate: 31.62µg (7.91%), Fiber: 1.9g (7.61%), Vitamin B3: 1.45mg (7.25%), Vitamin A: 283.73IU (5.67%), Vitamin B2: 0.09mg (5.43%), Vitamin B5: 0.33mg (3.29%), Selenium: 2.07µg (2.96%), Vitamin B1: 0.04mg (2.94%), Vitamin B12: 0.08µg (1.29%)