



Shrimp with Garlic Sauce



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



749 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups broccoli florets
- ☐ 2 tablespoons brown sugar
- ☐ 8 ounce water chestnuts drained canned
- ☐ 2 cups canola oil
- ☐ 2 tablespoons canola oil
- ☐ 4 cups rice white cooked for serving
- ☐ 0.5 cup cornstarch
- ☐ 1.5 tablespoons cornstarch

- ☐ 3 tablespoons garlic chopped
- ☐ 1 tablespoon ginger chopped
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 0.5 medium onion sliced
- ☐ 0.5 bell pepper red chopped
- ☐ 1 tablespoon rice vinegar
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 cup vegetable broth

Equipment

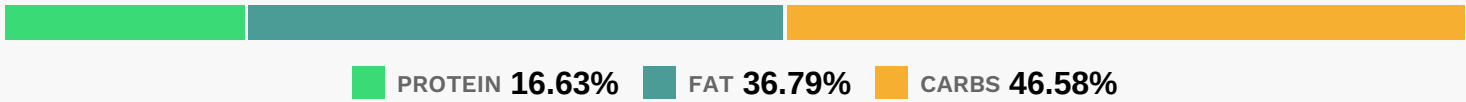
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oil until it reaches 360 degrees F in wok or large skillet over medium-high heat.
- ☐ Dredge the raw shrimp in the cornstarch. Fry in batches, so as not to overcrowd the pan, until their exteriors crisp up, about 4 to 5 minutes. With a slotted spoon, remove the shrimp from the oil and put them onto a paper towel-lined plate to drain.
- ☐ For the sauce: In a small bowl, whisk together the brown sugar, soy sauce, vinegar, vegetable broth and cornstarch. Set the bowl aside.
- ☐ Heat the canola oil in a wok or large skillet over high heat.
- ☐ Add the onions, garlic and ginger and stir-fry for 30 seconds.
- ☐ Add the bell pepper and cook for another 30 seconds.
- ☐ Pour in the prepared sauce and cook until the sauce thickens. Stir in the broccoli and water chestnuts and cook for 1 minute, then add the shrimp and fry for 1 minute more.

Transfer the shrimp with garlic sauce to a serving bowl and serve hot with cooked rice.

Nutrition Facts



Properties

Glycemic Index:85, Glycemic Load:49.82, Inflammation Score:-8, Nutrition Score:23.873478039451%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 3.68mg, Kaempferol: 3.68mg, Kaempferol: 3.68mg, Kaempferol: 3.68mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 749.02kcal (37.45%), Fat: 30.8g (47.38%), Saturated Fat: 2.5g (15.61%), Carbohydrates: 87.77g (29.26%), Net Carbohydrates: 82.75g (30.09%), Sugar: 10.73g (11.92%), Cholesterol: 182.57mg (60.86%), Sodium: 972.96mg (42.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.32g (62.64%), Vitamin C: 63.74mg (77.26%), Vitamin K: 68.43µg (65.17%), Manganese: 1.19mg (59.62%), Vitamin E: 6.32mg (42.12%), Phosphorus: 404.61mg (40.46%), Copper: 0.71mg (35.67%), Vitamin B6: 0.53mg (26.61%), Magnesium: 90.3mg (22.57%), Selenium: 15.26µg (21.8%), Potassium: 750.29mg (21.44%), Zinc: 3.09mg (20.6%), Fiber: 5.02g (20.06%), Vitamin A: 875.15IU (17.5%), Iron: 2.56mg (14.24%), Calcium: 138.89mg (13.89%), Folate: 55.41µg (13.85%), Vitamin B5: 1.16mg (11.65%), Vitamin B2: 0.16mg (9.24%), Vitamin B3: 1.65mg (8.23%), Vitamin B1: 0.11mg (7.11%)