



Shrimp with Lobster Sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons cornstarch
- ☐ 1 eggs beaten
- ☐ 2 cloves garlic minced
- ☐ 0.3 pound ground pork
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons cooking sherry
- ☐ 1 pound shrimp deveined peeled
- ☐ 2 tablespoons soya sauce

- ☐ 0.3 teaspoon sugar
- ☐ 4 tablespoons vegetable oil
- ☐ 0.3 cup water cold

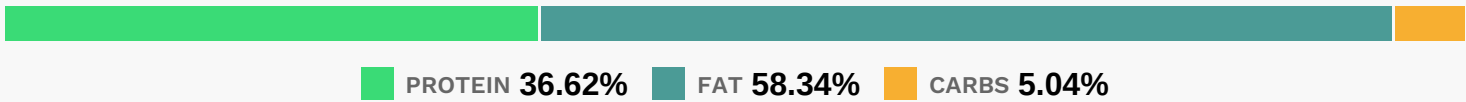
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ In a medium bowl, dissolve 1 1/2 teaspoons of cornstarch in the sherry.
- ☐ Add shrimp to the bowl, and toss to coat.
- ☐ Heat oil in a wok or large skillet over medium-high heat.
- ☐ Add shrimp, and fry until pink, 3 to 5 minutes.
- ☐ Remove shrimp to a plate with a slotted spoon, leaving as much oil in the pan as possible.
- ☐ Add garlic to the hot oil, and fry for a few seconds, then add the ground pork. Cook, stirring constantly until pork is no longer pink.
- ☐ Combine 1 cup water, soy sauce, sugar and salt; stir into the wok with the pork. Bring to a boil, cover, reduce heat to medium, and simmer for about 2 minutes.
- ☐ Mix together the remaining 1 1/2 tablespoons of cornstarch and 1/4 cup cold water.
- ☐ Pour into the pan with the pork, and also return shrimp to the pan. Return to a simmer, and quickly stir while drizzling in the beaten egg.
- ☐ Serve hot over rice.

Nutrition Facts



Properties

Glycemic Index:32.52, Glycemic Load:0.39, Inflammation Score:-1, Nutrition Score:9.599130342836%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 328.98kcal (16.45%), Fat: 21.25g (32.69%), Saturated Fat: 4.77g (29.79%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 4g (1.45%), Sugar: 0.48g (0.54%), Cholesterol: 243.9mg (81.3%), Sodium: 961.26mg (41.79%), Alcohol: 0.26g (100%), Alcohol %: 0.16% (100%), Protein: 30.02g (60.03%), Phosphorus: 328.9mg (32.89%), Copper: 0.48mg (24.25%), Vitamin K: 25.08µg (23.88%), Zinc: 2.35mg (15.66%), Selenium: 10.72µg (15.32%), Vitamin B1: 0.22mg (14.69%), Magnesium: 50.87mg (12.72%), Potassium: 422.94mg (12.08%), Calcium: 88.13mg (8.81%), Vitamin B6: 0.17mg (8.26%), Vitamin E: 1.23mg (8.19%), Vitamin B3: 1.61mg (8.03%), Vitamin B2: 0.13mg (7.8%), Iron: 1.3mg (7.21%), Manganese: 0.12mg (5.93%), Vitamin B12: 0.3µg (4.94%), Vitamin B5: 0.4mg (4.02%), Folate: 8.28µg (2.07%), Vitamin D: 0.22µg (1.47%), Vitamin A: 61.52IU (1.23%)