



Shrimp with Napa Cabbage and Ginger



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 2 tablespoons sherry
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 2 lb napa cabbage cored quartered
- ☐ 1 bell pepper red cut into 1/4-inch-wide strips (1 cup)
- ☐ 4 servings rice cooked
- ☐ 1 teaspoon salt
- ☐ 1 bunch spring onion

- ☐ 1 lb shrimp deveined peeled per lb), and
- ☐ 1 tablespoon soya sauce
- ☐ 3 tablespoons vegetable oil
- ☐ 0.3 teaspoon pepper white

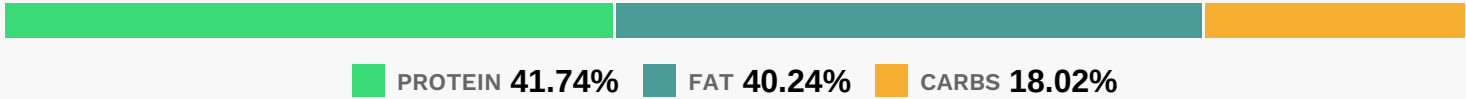
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok
- ☐ colander

Directions

- ☐ Cut white and pale green parts of scallions into 2-inch pieces and thinly slice dark green parts.
- ☐ Stir together shrimp, 1 tablespoon Sherry, cornstarch, white pepper, and 1/2 teaspoon salt in a bowl.
- ☐ Rinse cabbage in a colander. Tap colander lightly, then transfer cabbage to a large bowl with excess water clinging to leaves.
- ☐ Heat a 14-inch wok or 12-inch heavy skillet over high heat until beginning to smoke, then add 2 tablespoons oil. When oil begins to smoke, add shrimp and stir-fry until golden and almost cooked through, about 4 minutes.
- ☐ Transfer to a clean bowl.
- ☐ Add remaining tablespoon oil to wok and heat until just smoking, then stir-fry ginger and white and pale green parts of scallions until slightly softened, about 2 minutes.
- ☐ Add bell pepper and stir-fry until softened, about 2 minutes. Stir in remaining tablespoon Sherry and cook until most of liquid is evaporated.
- ☐ Add cabbage with water from bowl, soy sauce, and remaining 1/2 teaspoon salt and cook, covered, until cabbage is tender, about 5 minutes.
- ☐ Stir in shrimp along with any juices accumulated in bowl and simmer, uncovered, until shrimp are just cooked through, about 1 minute.
- ☐ Add scallion greens and toss to combine well.

Nutrition Facts



Properties

Glycemic Index:50.55, Glycemic Load:2.49, Inflammation Score:-9, Nutrition Score:24.080000182857%

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 Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 247.67kcal (12.38%), Fat: 11.35g (17.46%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 11.44g (3.81%), Net Carbohydrates: 7.84g (2.85%), Sugar: 4.75g (5.27%), Cholesterol: 182.57mg (60.86%), Sodium: 990.79mg (43.08%), Alcohol: 0.77g (100%), Alcohol %: 0.24% (100%), Protein: 26.49g (52.98%), Vitamin K: 129.96µg (123.77%), Vitamin C: 100.49mg (121.81%), Folate: 197.73µg (49.43%), Vitamin A: 1712.5IU (34.25%), Phosphorus: 327.2mg (32.72%), Vitamin B6: 0.63mg (31.59%), Manganese: 0.56mg (28.08%), Copper: 0.55mg (27.33%), Potassium: 936.79mg (26.77%), Calcium: 256.25mg (25.62%), Magnesium: 77.1mg (19.28%), Zinc: 2.18mg (14.55%), Fiber: 3.6g (14.39%), Vitamin E: 1.61mg (10.75%), Iron: 1.67mg (9.31%), Vitamin B2: 0.15mg (8.96%), Vitamin B1: 0.11mg (7.6%), Vitamin B3: 1.44mg (7.18%), Vitamin B5: 0.37mg (3.68%), Selenium: 1.64µg (2.35%)