



Shrimp with Peppers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups bell pepper strips red
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon cornstarch
- ☐ 3 tablespoons basil fresh chopped
- ☐ 0.5 teaspoon hoisin sauce
- ☐ 2 tablespoons jalapeno jelly
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon olive oil

- ☐ 0.7 cup orange juice fresh (2 oranges)
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 1 cup walla walla sweet vertically sliced
- ☐ 1 tablespoon water

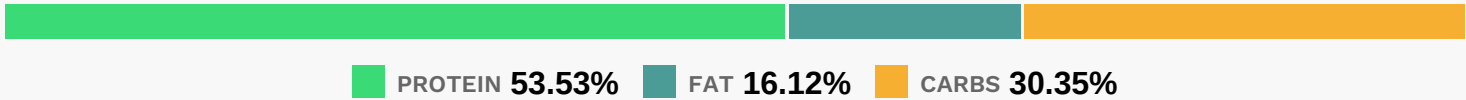
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add shrimp; saut 3 minutes or until shrimp are done.
- ☐ Remove shrimp from pan with a slotted spoon; keep warm.
- ☐ Add bell pepper and onion to pan, and saut for 2 minutes over medium-high heat.
- ☐ Add the orange juice; reduce heat, and simmer 3 minutes.
- ☐ Combine water and cornstarch in a small bowl.
- ☐ Add cornstarch mixture, basil, jelly, and lime juice to pan; bring to a boil. Cook 4 minutes, stirring occasionally.
- ☐ Add hoisin sauce; cook 1 minute. Stir in shrimp, salt, and black pepper.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:3.38, Inflammation Score:-10, Nutrition Score:18.5434783127%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 5.28mg, Hesperetin: 5.28mg, Hesperetin: 5.28mg, Hesperetin: 5.28mg Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

Nutrients (% of daily need)

Calories: 260.04kcal (13%), Fat: 4.79g (7.37%), Saturated Fat: 0.72g (4.53%), Carbohydrates: 20.31g (6.77%), Net Carbohydrates: 17.83g (6.49%), Sugar: 15.2g (16.88%), Cholesterol: 273.87mg (91.29%), Sodium: 512.45mg (22.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.81g (71.62%), Vitamin C: 144mg (174.55%), Vitamin A: 3148.43IU (62.97%), Phosphorus: 407.77mg (40.78%), Copper: 0.73mg (36.54%), Potassium: 786.16mg (22.46%), Magnesium: 80.4mg (20.1%), Zinc: 2.6mg (17.36%), Vitamin B6: 0.34mg (17.19%), Folate: 65.96µg (16.49%), Vitamin E: 2.02mg (13.48%), Calcium: 131.88mg (13.19%), Vitamin K: 13.18µg (12.56%), Manganese: 0.22mg (11.24%), Fiber: 2.47g (9.89%), Iron: 1.56mg (8.66%), Vitamin B1: 0.11mg (7.03%), Vitamin B2: 0.1mg (6.03%), Vitamin B3: 1.16mg (5.78%), Vitamin B5: 0.42mg (4.22%)