



Shrimp with Snow Peas



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup chicken stock see
- ☐ 2 teaspoons cornstarch (or potato starch)
- ☐ 3 garlic cloves sliced
- ☐ 1 Tbsp ginger minced
- ☐ 4 green onions light sliced
- ☐ 2 Tbsp vegetable oil; peanut oil preferred (or other vegetable oil)
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons roasted sesame oil dark

- ☐ 1 Tbsp shaoxing cooking wine dry chinese
- ☐ 1 pound shrimp deveined peeled
- ☐ 0.5 pound snow peas
- ☐ 2 teaspoons soya sauce

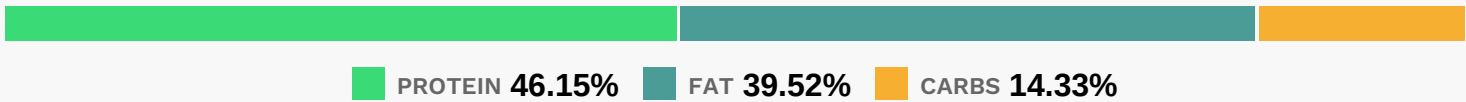
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok
- ☐ spatula

Directions

- ☐ Mix all the ingredients for the marinade in a large bowl, then add the shrimp. Toss to coat.
- ☐ Let sit for 15 to 20 minutes while you prep the peas, ginger, and garlic.2
- ☐ Heat a wok or large sauté pan over high heat for 1 minute.
- ☐ Add the peanut oil and let it get hot, about 30 seconds.
- ☐ Add the ginger and garlic and toss to combine. Stir-fry for about 30 seconds. 3
- ☐ Add the shrimp and all the marinade to the pan (scrape out all the marinade with a rubber spatula).
- ☐ Add the snow peas, soy sauce and chicken stock. Stir-fry until the shrimp turns pink, about 2 minutes.
- ☐ Add the green onions and stir-fry 1 more minute. Turn off the heat and add the sesame oil. Toss to combine once more and serve with steamed rice.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:12.732173805651%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 222.38kcal (11.12%), Fat: 9.73g (14.96%), Saturated Fat: 1.52g (9.48%), Carbohydrates: 7.93g (2.64%), Net Carbohydrates: 5.98g (2.17%), Sugar: 2.92g (3.25%), Cholesterol: 183.02mg (61.01%), Sodium: 620.08mg (26.96%), Alcohol: 0.6g (100%), Alcohol %: 0.35% (100%), Protein: 25.56g (51.11%), Vitamin K: 51.86µg (49.39%), Vitamin C: 37.13mg (45.01%), Phosphorus: 291.05mg (29.11%), Copper: 0.52mg (26.18%), Magnesium: 59.69mg (14.92%), Vitamin A: 736.61IU (14.73%), Potassium: 495.29mg (14.15%), Manganese: 0.26mg (12.77%), Zinc: 1.79mg (11.95%), Iron: 2.12mg (11.78%), Calcium: 112.02mg (11.2%), Folate: 33.29µg (8.32%), Fiber: 1.95g (7.81%), Vitamin B6: 0.15mg (7.58%), Vitamin B1: 0.11mg (7.06%), Vitamin E: 0.88mg (5.9%), Vitamin B5: 0.47mg (4.67%), Vitamin B2: 0.08mg (4.46%), Vitamin B3: 0.82mg (4.11%), Selenium: 1.22µg (1.74%)