



## Shrimp with Spicy Garlic Sauce

 Dairy Free

READY IN



38 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 mushrooms dried black (shiitake)
- 1 medium carrots thin
- 0.8 pound shells uncooked
- 1 teaspoon cornstarch
- 1 teaspoon water
- 1 tablespoon vegetable oil
- 2 teaspoons garlic clove finely chopped
- 1 tablespoon vegetable oil

- 0.5 medium head cabbage cut into 2x3/4-inch pieces
- 0.3 cup chicken broth (from 32-ounce carton)
- 4 medium spring onion
- 1 tablespoon chili paste depending on your taste pref

## Equipment

- frying pan
- paper towels
- wok

## Directions

- Soak mushrooms in hot water about 20 minutes or until soft; drain. Rinse with warm water; drain. Squeeze out excess moisture.
- Remove and discard stems; cut caps into thin strips.
- Place carrot in boiling water; heat to boiling. Boil 1 minute; drain. Immediately rinse with cold water; drain.
- Peel shrimp.
- Cut shrimp lengthwise in half; wash out vein. Pat dry with paper towels.
- Mix cornstarch and water.
- Heat wok or 12-inch skillet over high heat.
- Add 1 tablespoon oil; rotate wok to coat side.
- Add shrimp and garlic; stir-fry until shrimp are pink and firm.
- Remove shrimp from wok.
- Add 1 tablespoon oil; rotate wok to coat side.
- Add mushrooms and cabbage; stir-fry 1 minute.
- Add broth; heat to boiling. Cover and cook 1 minute.
- Stir in cornstarch mixture; cook and stir about 30 seconds or until thickened.
- Add shrimp, carrot, onions and chili paste. Cook and stir about 30 seconds or until shrimp are hot.

# Nutrition Facts

PROTEIN 13.02% FAT 17.39% CARBS 69.59%

## Properties

Glycemic Index:56.71, Glycemic Load:28.25, Inflammation Score:-9, Nutrition Score:25.35434776415%

## Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

## Nutrients (% of daily need)

Calories: 430.85kcal (21.54%), Fat: 8.42g (12.95%), Saturated Fat: 1.34g (8.38%), Carbohydrates: 75.8g (25.27%), Net Carbohydrates: 69.06g (25.11%), Sugar: 8.01g (8.9%), Cholesterol: 0.29mg (0.1%), Sodium: 95.61mg (4.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.18g (28.35%), Vitamin K: 131.99µg (125.7%), Selenium: 57.32µg (81.88%), Vitamin C: 47mg (56.97%), Vitamin A: 2816.83IU (56.34%), Manganese: 1.05mg (52.68%), Fiber: 6.73g (26.93%), Phosphorus: 231.97mg (23.2%), Folate: 82.16µg (20.54%), Copper: 0.39mg (19.72%), Vitamin B6: 0.35mg (17.4%), Potassium: 591.68mg (16.91%), Magnesium: 67.26mg (16.81%), Vitamin B3: 3.13mg (15.65%), Vitamin B2: 0.25mg (14.76%), Vitamin B1: 0.2mg (13.21%), Iron: 2.13mg (11.82%), Zinc: 1.69mg (11.26%), Vitamin B5: 1.12mg (11.19%), Calcium: 84.14mg (8.41%), Vitamin E: 1.02mg (6.82%)