

# Sichuan Shrimp

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**369 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 cups broccoli florets
- 8 ounce water chestnuts drained sliced canned
- 1 tablespoon chili paste depending on your taste pref red
- 3 cups rice hot cooked
- 2 tablespoons cornstarch
- 2 teaspoons sesame oil dark divided
- 8 garlic cloves minced
- 1.5 tablespoons green onion tops thinly sliced

- 0.3 cup catsup
- 0.5 cup rice vinegar
- 2 pounds shrimp deveined peeled
- 0.3 cup sugar

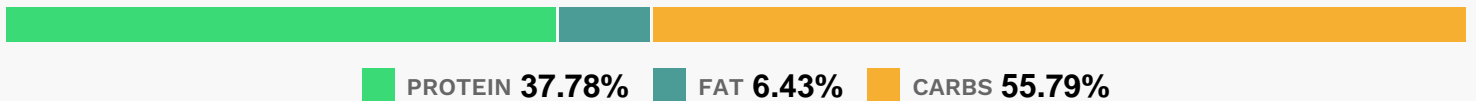
## Equipment

- frying pan

## Directions

- Heat 1 teaspoon sesame oil in a large nonstick skillet over medium-high heat.
- Add broccoli, and saut 4 minutes.
- Add 1 teaspoon sesame oil, shrimp, and minced garlic, and saut 4 minutes or until the shrimp are done.
- Combine sugar and next 4 ingredients (sugar through chili paste).
- Add to skillet; cook 1 minute, stirring constantly. Stir in sliced water chestnuts.
- Serve over rice, and sprinkle with green onions.
- Note: You can find red chili paste, which comes in a bottle, in the Asian section of your supermarket.

## Nutrition Facts



## Properties

Glycemic Index:53.85, Glycemic Load:32.85, Inflammation Score:-6, Nutrition Score:18.773913051771%

## Flavonoids

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 4.79mg, Kaempferol: 4.79mg, Kaempferol: 4.79mg, Kaempferol: 4.79mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

## Nutrients (% of daily need)

Calories: 369.19kcal (18.46%), Fat: 2.66g (4.1%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 51.99g (17.33%), Net Carbohydrates: 48.43g (17.61%), Sugar: 16.06g (17.85%), Cholesterol: 243.43mg (81.14%), Sodium: 298.2mg (12.97%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.21g (70.42%), Vitamin C: 57.24mg (69.38%), Vitamin K: 65.68µg (62.55%), Phosphorus: 420.77mg (42.08%), Copper: 0.76mg (38.15%), Manganese: 0.7mg (35.19%), Potassium: 746.94mg (21.34%), Magnesium: 81.38mg (20.34%), Zinc: 2.96mg (19.75%), Vitamin B6: 0.34mg (17.2%), Calcium: 147.24mg (14.72%), Fiber: 3.56g (14.23%), Selenium: 8.78µg (12.54%), Folate: 46.24µg (11.56%), Iron: 2.07mg (11.51%), Vitamin A: 449.88IU (9%), Vitamin B5: 0.77mg (7.69%), Vitamin B2: 0.12mg (7.16%), Vitamin E: 0.98mg (6.55%), Vitamin B3: 1.14mg (5.69%), Vitamin B1: 0.08mg (5.17%)