



Simple Shrimp Stir-Fry

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup asian sesame dressing toasted kraft
- 10 oz broccoli florets frozen
- 2 cups rice hot cooked
- 8 oz shrimp frozen cleaned cooked

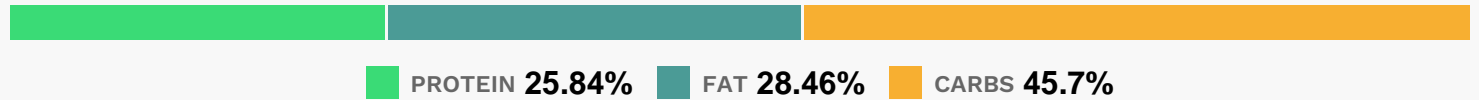
Equipment

- frying pan

Directions

- Heat dressing in large skillet on medium-high heat.
- Add broccoli; cook 3 min. or until tender, stirring frequently.
- Add shrimp; cook 5 min. or until shrimp is heated through.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:24.83, Inflammation Score:-6, Nutrition Score:15.008260840955%

Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 244.21kcal (12.21%), Fat: 7.84g (12.05%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 28.3g (9.43%), Net Carbohydrates: 25.99g (9.45%), Sugar: 2.54g (2.83%), Cholesterol: 91.29mg (30.43%), Sodium: 247.9mg (10.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16g (32.01%), Vitamin K: 81.04µg (77.18%), Vitamin C: 63.22mg (76.63%), Manganese: 0.54mg (27.02%), Phosphorus: 207.86mg (20.79%), Copper: 0.31mg (15.55%), Potassium: 425.83mg (12.17%), Folate: 47.02µg (11.76%), Selenium: 7.95µg (11.35%), Magnesium: 44.21mg (11.05%), Vitamin B6: 0.2mg (9.87%), Zinc: 1.45mg (9.69%), Fiber: 2.32g (9.26%), Vitamin E: 1.37mg (9.1%), Vitamin A: 447.17IU (8.94%), Calcium: 80.47mg (8.05%), Vitamin B5: 0.71mg (7.14%), Iron: 1.06mg (5.91%), Vitamin B2: 0.09mg (5.48%), Vitamin B1: 0.07mg (4.41%), Vitamin B3: 0.77mg (3.84%)