



## Spicy Citrus Shrimp

 Dairy Free

READY IN



21 min.

SERVINGS



1

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 teaspoons pineapple juice
- 2 teaspoons cornstarch
- 0.3 cup pineapple juice
- 1 tablespoon sugar
- 1 tablespoon fermented black beans chinese rinsed drained coarsely chopped
- 3 tablespoons rice vinegar
- 2 tablespoons soya sauce
- 2 teaspoons sesame oil

- 2 small to 5 chilies red seeded chopped
- 0.8 pound shrimp fresh thawed deveined uncooked peeled ()
- 2 tablespoons spring onion sliced

## Equipment

- frying pan
- wok

## Directions

- Mix 2 teaspoons orange–pineapple juice and the cornstarch; set aside.
- Mix 1/4 cup orange–pineapple juice, the sugar, black beans, vinegar, soy sauce, sesame oil and chilies in 10–inch skillet or wok; heat to boiling.
- Add shrimp; stir–fry 3 to 5 minutes or until shrimp are pink and firm.
- Stir in cornstarch mixture. Cook and stir about 30 seconds or until thickened. Stir in onions.

## Nutrition Facts

**PROTEIN 55.06%** **FAT 18.79%** **CARBS 26.15%**

## Properties

Glycemic Index:304.09, Glycemic Load:15.8, Inflammation Score:-8, Nutrition Score:27.07173920196%

## Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

## Nutrients (% of daily need)

Calories: 561.9kcal (28.1%), Fat: 11.91g (18.33%), Saturated Fat: 1.73g (10.82%), Carbohydrates: 37.3g (12.43%), Net Carbohydrates: 33.78g (12.28%), Sugar: 25.03g (27.81%), Cholesterol: 547.71mg (182.57%), Sodium: 2429.23mg (105.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 78.52g (157.05%), Vitamin C: 138.47mg (167.84%), Phosphorus: 825.9mg (82.59%), Copper: 1.56mg (77.9%), Manganese: 0.86mg (42.77%), Magnesium: 165.43mg (41.36%), Potassium: 1388.19mg (39.66%), Vitamin K: 38.73µg (36.89%), Zinc: 5.08mg (33.86%), Vitamin B6: 0.6mg (30.18%), Calcium: 261.2mg (26.12%), Iron: 4.15mg (23.03%), Vitamin A: 979.88IU (19.6%), Fiber: 3.52g (14.09%), Vitamin B3: 2.74mg (13.71%), Folate: 47.25µg (11.81%), Vitamin B2: 0.16mg (9.32%), Vitamin B1: 0.13mg (8.84%), Vitamin E: 0.81mg (5.42%), Vitamin B5: 0.36mg (3.64%), Selenium: 1.3µg (1.86%)