



Spicy Garlic and Pepper Shrimp

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



1

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cabbage shredded
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 2 tablespoons onion sliced
- ☐ 2 teaspoons pepper flakes red crushed
- ☐ 8 large shrimp fresh deveined peeled
- ☐ 1 tablespoon soya sauce
- ☐ 2.5 tablespoons vegetable oil

☐ 0.3 cup water

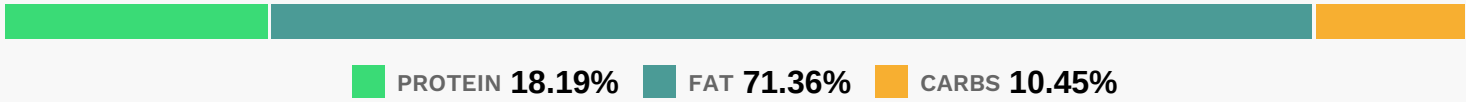
Equipment

☐ frying pan

Directions

- ☐ Heat 1 tablespoon oil in a skillet over high heat.
- ☐ Add cabbage and 1 tablespoon water stir-fry for 30 seconds.
- ☐ Remove cabbage from skillet and place on a serving platter.
- ☐ Heat the remaining 1 1/2 tablespoons oil in the skillet over high heat.
- ☐ Place the garlic and shrimp in the skillet and stir until garlic is lightly browned and shrimp turns pink.
- ☐ Add pepper, onion, cilantro, soy sauce and remaining water to the skillet. Stir-fry for 10 seconds.
- ☐ Pour the hot mixture onto the cabbage.

Nutrition Facts



Properties

Glycemic Index:148, Glycemic Load:2.3, Inflammation Score:-8, Nutrition Score:16.927826207617%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 428.15kcal (21.41%), Fat: 35.13g (54.05%), Saturated Fat: 5.41g (33.79%), Carbohydrates: 11.58g (3.86%), Net Carbohydrates: 7.78g (2.83%), Sugar: 3.77g (4.18%), Cholesterol: 128.8mg (42.93%), Sodium: 1184.18mg (51.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.14g (40.29%), Vitamin K: 121.41µg (115.63%), Vitamin C: 29.73mg (36.04%), Vitamin E: 4.43mg (29.55%), Vitamin A: 1282.71IU (25.65%), Phosphorus: 243.03mg (24.3%),

Manganese: 0.46mg (22.87%), Copper: 0.43mg (21.62%), Vitamin B6: 0.33mg (16.52%), Fiber: 3.81g (15.22%), Potassium: 509.72mg (14.56%), Magnesium: 54.26mg (13.56%), Calcium: 117.12mg (11.71%), Iron: 2.06mg (11.43%), Zinc: 1.58mg (10.55%), Folate: 38.75µg (9.69%), Vitamin B3: 1.42mg (7.11%), Vitamin B2: 0.11mg (6.34%), Vitamin B1: 0.09mg (5.92%), Selenium: 2.41µg (3.44%), Vitamin B5: 0.33mg (3.26%)