

Spicy Garlic Shrimp



Gluten Free



Dairy Free

READY IN



21 min.

SERVINGS



8

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup vegetable oil
- ☐ 6 large garlic clove finely chopped
- ☐ 2 pounds shrimp deveined uncooked peeled
- ☐ 2 large carrots cut into julienne strips (2 cups)
- ☐ 0.5 teaspoon pepper red crushed (flakes)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 serving rice hot cooked

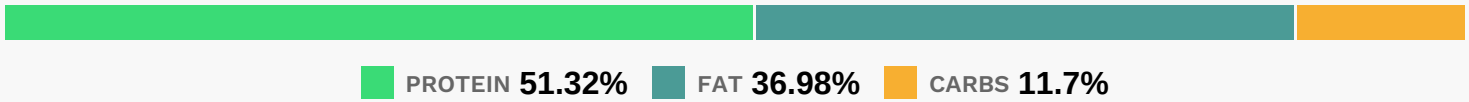
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat large skillet or wok over medium-high heat.
- ☐ Add oil; rotate skillet to coat side.
- ☐ Add garlic; stir-fry 1 minute.
- ☐ Add shrimp; stir-fry 1 minute.
- ☐ Add carrots and red pepper flakes; stir-fry about 3 minutes or until shrimp are pink and firm and carrots are crisp-tender. Stir in cilantro.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:27.23, Glycemic Load:3.77, Inflammation Score:-9, Nutrition Score:8.6726087409517%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 180.65kcal (9.03%), Fat: 7.49g (11.53%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 5.33g (1.78%), Net Carbohydrates: 4.68g (1.7%), Sugar: 0.89g (0.99%), Cholesterol: 182.57mg (60.86%), Sodium: 150.13mg (6.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.4g (46.79%), Vitamin A: 3078.08IU (61.56%), Phosphorus: 257.28mg (25.73%), Copper: 0.47mg (23.37%), Vitamin K: 16.62µg (15.83%), Magnesium: 43.91mg (10.98%), Zinc: 1.65mg (10.97%), Potassium: 374.49mg (10.7%), Calcium: 84.32mg (8.43%), Manganese: 0.15mg (7.58%), Vitamin E: 0.74mg (4.95%), Iron: 0.73mg (4.08%), Vitamin B6: 0.07mg (3.26%), Fiber: 0.65g (2.59%), Vitamin C: 1.9mg (2.3%), Selenium: 1.11µg (1.58%), Vitamin B1: 0.02mg (1.27%), Vitamin B3: 0.25mg (1.26%), Vitamin B5: 0.1mg (1.05%), Folate: 4.13µg (1.03%)