



Spicy Shrimp and Broccoli



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup water
- ☐ 0.3 cup chicken broth (from 32-ounce carton)
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons hoisin sauce
- ☐ 1 tablespoon oyster sauce
- ☐ 2 teaspoons soya sauce
- ☐ 2 teaspoons chili puree with garlic
- ☐ 1 tablespoon vegetable oil

- ☐ 0.8 pound shrimp fresh thawed deveined uncooked peeled ()
- ☐ 1 garlic clove finely chopped
- ☐ 2 teaspoons ginger finely chopped
- ☐ 1.5 cups cauliflower florets
- ☐ 1 medium bell pepper cut into strips
- ☐ 4 medium spring onion cut into 1-inch pieces
- ☐ 0.3 cup peanuts
- ☐ 4 cups rice hot cooked

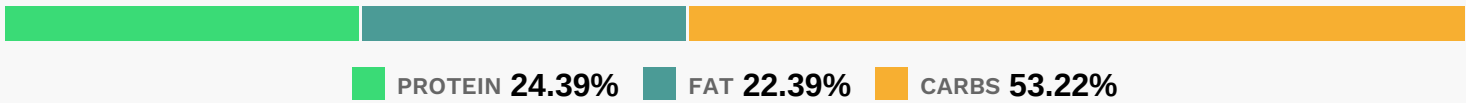
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Mix water, sake, cornstarch, hoisin sauce, oyster sauce, soy sauce and chili puree.
- ☐ Heat wok or 12-inch skillet over high heat.
- ☐ Add oil; rotate wok to coat side.
- ☐ Add shrimp, garlic and gingerroot; stir-fry 1 minute.
- ☐ Add broccoli, bell pepper and onions; stir-fry until shrimp are pink and firm.
- ☐ Stir in sake mixture.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute.
- ☐ Sprinkle with peanuts.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:69.81, Glycemic Load:49.01, Inflammation Score:-8, Nutrition Score:20.553043567616%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 432.76kcal (21.64%), Fat: 10.86g (16.71%), Saturated Fat: 1.78g (11.12%), Carbohydrates: 58.1g (19.37%), Net Carbohydrates: 53.99g (19.63%), Sugar: 4.88g (5.42%), Cholesterol: 137.46mg (45.82%), Sodium: 596.77mg (25.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.62g (53.24%), Vitamin C: 59.3mg (71.87%), Manganese: 1.27mg (63.54%), Vitamin K: 44.63µg (42.5%), Phosphorus: 337.2mg (33.72%), Copper: 0.62mg (30.83%), Magnesium: 88.22mg (22.05%), Vitamin A: 1081.99IU (21.64%), Folate: 81.79µg (20.45%), Selenium: 13.66µg (19.52%), Vitamin B6: 0.38mg (18.83%), Potassium: 614.82mg (17.57%), Vitamin B3: 3.45mg (17.26%), Zinc: 2.47mg (16.5%), Fiber: 4.1g (16.46%), Vitamin B5: 1.21mg (12.12%), Calcium: 111.89mg (11.19%), Iron: 2mg (11.11%), Vitamin B1: 0.16mg (10.94%), Vitamin B2: 0.13mg (7.89%), Vitamin E: 0.96mg (6.37%)