



WHATSheATE



Spicy Shrimp and Vegetable Stir-Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup large-diced bell pepper green
- ☐ 1 cup large-diced bell pepper red
- ☐ 1 cup cabbage cubed
- ☐ 1 cup carrots sliced
- ☐ 1 tablespoon sesame oil dark toasted ()
- ☐ 1 tablespoon garlic chopped
- ☐ 1 tablespoon ginger grated finely chopped
- ☐ 0.3 cup soya sauce low-sodium

- ☐ 1 cup large–diced onion
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 0.3 cup sake
- ☐ 24 large shrimp shelled deveined
- ☐ 2 tablespoons sugar

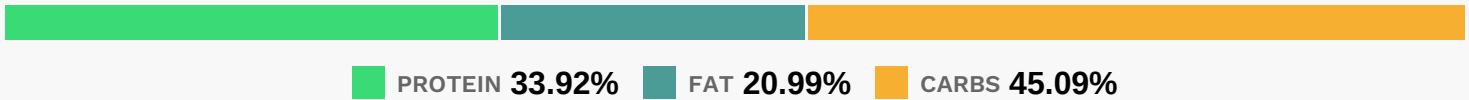
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 6 ingredients in a bowl.
- ☐ Heat a large nonstick skillet over medium–high heat.
- ☐ Add soy sauce mixture; cook until lightly thickened, about 1 minute.
- ☐ Add vegetables and red pepper flakes. Cook, stirring constantly, until vegetables are soft, about 1 minute.
- ☐ Add shrimp and 1/4 cup water. Cook, stirring often, until shrimp are just cooked through, 2 to 3 minutes more. Divide among 4 bowls; serve immediately.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:68.73, Glycemic Load:7.09, Inflammation Score:-10, Nutrition Score:17.700869669085%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.18mg, Quercetin: 9.18mg, Quercetin: 9.18mg, Quercetin: 9.18mg

Nutrients (% of daily need)

Calories: 189.94kcal (9.5%), Fat: 4.24g (6.52%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 20.51g (6.84%), Net Carbohydrates: 16.8g (6.11%), Sugar: 12.37g (13.74%), Cholesterol: 96.6mg (32.2%), Sodium: 679.61mg (29.55%), Alcohol: 2.41g (100%), Alcohol %: 1.14% (100%), Protein: 15.42g (30.84%), Vitamin A: 6742.3IU (134.85%), Vitamin C: 89.6mg (108.6%), Vitamin K: 23.04µg (21.94%), Phosphorus: 204.65mg (20.46%), Vitamin B6: 0.36mg (18.2%), Manganese: 0.34mg (17.09%), Potassium: 572.86mg (16.37%), Copper: 0.32mg (16.04%), Fiber: 3.7g (14.82%), Magnesium: 52.66mg (13.16%), Folate: 49.4µg (12.35%), Zinc: 1.29mg (8.61%), Calcium: 81.81mg (8.18%), Vitamin E: 1.19mg (7.92%), Vitamin B2: 0.12mg (7.23%), Vitamin B1: 0.1mg (6.87%), Iron: 1.18mg (6.57%), Vitamin B3: 1.18mg (5.92%), Vitamin B5: 0.4mg (3.97%), Selenium: 0.99µg (1.42%)