



WHATSheATE



## Spicy Shrimp With Green Beans & Red Pepper



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tablespoon southeast asian fish sauce
- ☐ 0.3 cup canola oil
- ☐ 0.3 cup chicken broth
- ☐ 2 teaspoons indonesian chili sauce (sambal luek)
- ☐ 4 servings cilantro stem fresh
- ☐ 1 teaspoon cornstarch
- ☐ 2 tablespoons cooking wine dry white
- ☐ 2 garlic cloves minced fine

- ☐ 0.8 lb young green beans fresh
- ☐ 1 tablespoon oyster sauce
- ☐ 4 servings bell pepper
- ☐ 1 bell pepper red cored seeded cut into 1/4-inch julienne strips
- ☐ 2 shallots finely minced
- ☐ 1 lb shrimp peeled
- ☐ 1 teaspoon sugar

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ wok

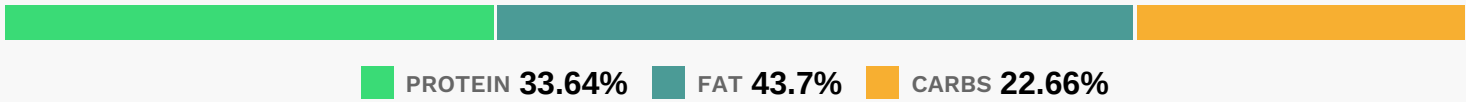
## Directions

- ☐ Rinse the shrimp with cold water and pat dry with paper towels.<sup>2</sup>
- ☐ Put the shrimp in a medium bowl, sprinkle with the wine, cover and refrigerate until needed, up to two hours.<sup>3</sup> Bring a medium pan of salted water to boil, add green beans and simmer for 3–4 minutes.<sup>4</sup>
- ☐ Drain, rinse with cold water and thoroughly dry on paper towels.<sup>5</sup>
- ☐ Cut the beans diagonally in 1 1/2 inch lengths and set aside.<sup>6</sup> In a small bowl, stir together the glaze ingredients and set aside.<sup>7</sup>
- ☐ Drain the shrimp well.<sup>8</sup>
- ☐ Heat a wok or medium skillet over high heat.<sup>9</sup>
- ☐ Add half the oil and when it is very hot, add the shrimp.<sup>10</sup> Stir-fry until the shrimp are firm and opaque, 1–2 minutes.<sup>11</sup> Take from heat and set shrimp aside.<sup>12</sup> Reheat the wok over medium-high heat and add the remaining oil.<sup>13</sup> Stir-fry the shallots, garlic and bell pepper until the bell pepper starts to soften, 1–2 minutes.<sup>14</sup>
- ☐ Add the green beans and stir-fry until just hot, about 30 seconds.<sup>15</sup> Reduce heat, stir the glaze and pour into the wok.<sup>16</sup> Stir until thickened.<sup>17</sup>

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Add the shrimp with any juices and stir to combine.

# Nutrition Facts



## Properties

Glycemic Index:71.77, Glycemic Load:4.36, Inflammation Score:-10, Nutrition Score:22.89521731501%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

## Nutrients (% of daily need)

Calories: 303.83kcal (15.19%), Fat: 15.15g (23.31%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 17.68g (5.89%), Net Carbohydrates: 12.68g (4.61%), Sugar: 9.78g (10.87%), Cholesterol: 182.86mg (60.95%), Sodium: 710.54mg (30.89%), Alcohol: 0.77g (100%), Alcohol %: 0.27% (100%), Protein: 26.24g (52.49%), Vitamin C: 145.74mg (176.65%), Vitamin A: 3876.12IU (77.52%), Vitamin K: 52.26µg (49.77%), Phosphorus: 316.55mg (31.65%), Vitamin E: 4.51mg (30.06%), Copper: 0.55mg (27.52%), Vitamin B6: 0.51mg (25.57%), Potassium: 779.72mg (22.28%), Magnesium: 85.75mg (21.44%), Manganese: 0.43mg (21.43%), Folate: 83.65µg (20.91%), Fiber: 5g (19.99%), Zinc: 2.09mg (13.93%), Calcium: 123.9mg (12.39%), Iron: 2.19mg (12.15%), Vitamin B2: 0.2mg (11.84%), Vitamin B3: 1.93mg (9.66%), Vitamin B1: 0.14mg (9.55%), Vitamin B5: 0.58mg (5.78%), Selenium: 1.7µg (2.43%)