



Spicy-Sweet Tangerine Shrimp with Baby Bok Choy



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 baby bok choy halved lengthwise
- ☐ 0.3 cup chilli sauce sweet
- ☐ 1.5 tablespoons ginger fresh minced peeled
- ☐ 2 spring onion chopped
- ☐ 0.3 cup orange juice concentrate frozen thawed
- ☐ 1 teaspoon oyster sauce
- ☐ 2 tablespoons sesame oil divided

- ☐ 1.5 pounds shrimp deveined uncooked peeled
- ☐ 12 strips lime zest
- ☐ 1.5 teaspoons vinegar white

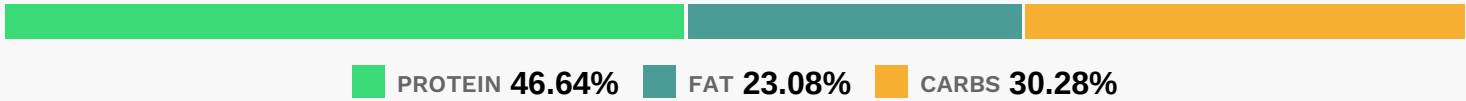
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Cover bottom of large skillet with 1/2 inch water.
- ☐ Add bok choy; drizzle with 1 tablespoon oil.
- ☐ Sprinkle with salt and pepper. Cover; cook over high heat until bok choy is tender, about 5 minutes. Arrange bok choy around edge of platter. Boil liquid in skillet until reduced to glaze, about 1 minute; pour over bok choy.
- ☐ Mix shrimp and next 5 ingredients in medium bowl.
- ☐ Heat 1 tablespoon sesame oil in same skillet over high heat.
- ☐ Add onions and ginger. Sauté 1 minute.
- ☐ Add shrimp mixture. Toss until shrimp are just opaque in center, about 3 minutes. Using slotted spoon, transfer shrimp to platter. Cook sauce until thickened, about 2 minutes. Spoon sauce over shrimp.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.3, Inflammation Score:-10, Nutrition Score:18.185217409354%

Flavonoids

Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 314.22kcal (15.71%), Fat: 8.1g (12.46%), Saturated Fat: 1.19g (7.43%), Carbohydrates: 23.92g (7.97%), Net Carbohydrates: 21.48g (7.81%), Sugar: 19.17g (21.3%), Cholesterol: 273.86mg (91.29%), Sodium: 569.16mg (24.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.84g (73.68%), Vitamin A: 7695.27IU (153.91%), Vitamin C: 113.6mg (137.7%), Phosphorus: 383.04mg (38.3%), Copper: 0.7mg (34.81%), Calcium: 311.62mg (31.16%), Potassium: 632.34mg (18.07%), Magnesium: 70.58mg (17.65%), Zinc: 2.36mg (15.72%), Iron: 2.33mg (12.93%), Vitamin K: 13.51µg (12.86%), Fiber: 2.44g (9.76%), Folate: 23.06µg (5.76%), Vitamin B1: 0.07mg (4.73%), Manganese: 0.09mg (4.27%), Vitamin B6: 0.07mg (3.61%), Vitamin B2: 0.05mg (2.95%), Vitamin E: 0.29mg (1.95%), Vitamin B3: 0.34mg (1.72%), Vitamin B5: 0.16mg (1.56%)