



Spicy Vietnamese Shrimp



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoon asian fish sauce
- ☐ 1 tablespoon canola oil
- ☐ 2 tablespoon asian chili sauce
- ☐ 5 clove garlic thinly sliced
- ☐ 1 pound shrimp
- ☐ 1 tablespoon sugar

Equipment

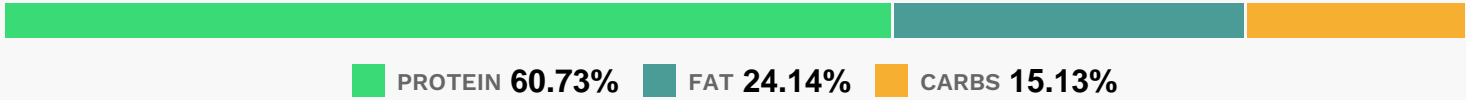
- ☐ frying pan

☐ wok

Directions

- ☐ Heat the oil in a large skillet or wok set over medium-high heat. The pan is hot enough when the oil is almost (but not quite) smoking. It will have a certain shimmer.
- ☐ Add the shallots and garlic, and cook quickly stirring often, until softened and just beginning to brown. About 2 minutes.
- ☐ Add the shrimp, chili sauce, and sugar to the pan and cook stirring constantly until the shrimp have just turned pink and opaque, about 3 minutes. Do not overcook them, because they will continue to cook after they leave the pan.
- ☐ Pour the shrimp onto a serving platter and season with fish sauce, salt and pepper.

Nutrition Facts



Properties

Glycemic Index:50.05, Glycemic Load:4.89, Inflammation Score:-2, Nutrition Score:10.431739121675%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 304.83kcal (15.24%), Fat: 8.26g (12.71%), Saturated Fat: 0.76g (4.74%), Carbohydrates: 11.65g (3.88%), Net Carbohydrates: 11.13g (4.05%), Sugar: 8.28g (9.2%), Cholesterol: 365.14mg (121.71%), Sodium: 943.22mg (41.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.74g (93.48%), Phosphorus: 505.04mg (50.5%), Copper: 0.93mg (46.61%), Magnesium: 93.55mg (23.39%), Zinc: 3.16mg (21.08%), Potassium: 701.72mg (20.05%), Calcium: 164.36mg (16.44%), Manganese: 0.21mg (10.72%), Vitamin E: 1.52mg (10.13%), Iron: 1.48mg (8.2%), Vitamin B6: 0.14mg (7.04%), Vitamin C: 4.77mg (5.78%), Vitamin K: 5.9µg (5.62%), Selenium: 1.81µg (2.59%), Vitamin B3: 0.43mg (2.16%), Vitamin A: 103.39IU (2.07%), Fiber: 0.52g (2.07%), Vitamin B1: 0.03mg (1.95%), Vitamin B2: 0.02mg (1.37%), Folate: 4.64µg (1.16%)