



Stir-Fried Ginger Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



175 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil divided
- ☐ 1 cup diagonally cut celery
- ☐ 0.5 teaspoon chile paste with garlic (such as sambal oelek)
- ☐ 1.5 teaspoons cornstarch
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 teaspoon ginger fresh peeled chopped
- ☐ 4 garlic cloves minced
- ☐ 2 teaspoons soya sauce low-sodium

- ☐ 1 tablespoon mirin sweet (rice wine)
- ☐ 1 cup thinly onion vertically sliced
- ☐ 1 Dash pepper white
- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

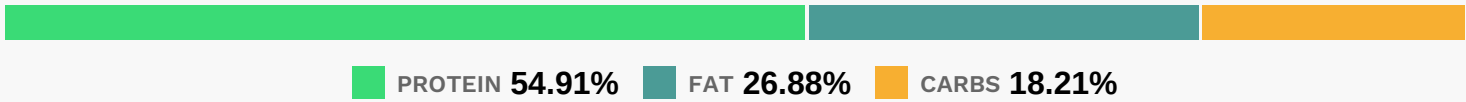
Directions

- ☐ Place shrimp in a medium bowl.
- ☐ Sprinkle with ginger, salt, and pepper; toss well.
- ☐ Let stand 5 minutes.
- ☐ Combine 1/2 cup water and next 6 ingredients (through chile paste) in a small bowl, stirring with a whisk.
- ☐ Heat 1 teaspoon canola oil in a large nonstick skillet over medium-high heat.
- ☐ Add shrimp mixture to pan; stir-fry 2 minutes.
- ☐ Remove shrimp mixture from pan; set aside. Wipe pan dry with a paper towel.
- ☐ Heat remaining 2 teaspoons canola oil in pan over medium-high heat.
- ☐ Add onion and garlic; stir-fry 1 minute.
- ☐ Add celery; stir-fry 1 minute. Return shrimp mixture to pan; stir-fry 1 minute or until shrimp are done.
- ☐ Add water mixture to pan. Bring to a boil; cook 1 minute or until thick, stirring constantly with a whisk.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.52, Glycemic Load:1.92, Inflammation Score:-3, Nutrition Score:6.8586956754975%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg

Nutrients (% of daily need)

Calories: 175.12kcal (8.76%), Fat: 5.2g (8%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 7.93g (2.64%), Net Carbohydrates: 6.68g (2.43%), Sugar: 3.14g (3.49%), Cholesterol: 182.57mg (60.86%), Sodium: 539.77mg (23.47%), Alcohol: 0.6g (100%), Alcohol %: 0.34% (100%), Protein: 23.9g (47.79%), Phosphorus: 270.33mg (27.03%), Copper: 0.49mg (24.4%), Potassium: 449.86mg (12.85%), Magnesium: 50.01mg (12.5%), Zinc: 1.69mg (11.24%), Calcium: 100.2mg (10.02%), Vitamin K: 10.25µg (9.76%), Manganese: 0.19mg (9.44%), Vitamin C: 4.86mg (5.89%), Vitamin B6: 0.11mg (5.5%), Fiber: 1.25g (5%), Vitamin E: 0.72mg (4.79%), Iron: 0.86mg (4.79%), Folate: 18.02µg (4.51%), Vitamin A: 115.69IU (2.31%), Vitamin B1: 0.03mg (2.1%), Vitamin B2: 0.04mg (2.09%), Vitamin B5: 0.14mg (1.38%), Selenium: 0.84µg (1.2%)