



## Stir-Fried Shrimp with Garlic and Chile Sauce



Gluten Free



Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 2 teaspoons cornstarch
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 1.5 teaspoons ginger fresh minced peeled
- ☐ 2 tablespoons garlic minced
- ☐ 0.5 cup green onions (1-inch)
- ☐ 1 jalapeno seeded finely chopped
- ☐ 0.5 cup lower-sodium chicken broth fat-free

- ☐ 2 teaspoons lower-sodium soy sauce
- ☐ 2 teaspoons shaoxing dry chinese ( rice wine)
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 1 teaspoon sugar
- ☐ 0.3 teaspoon pepper white

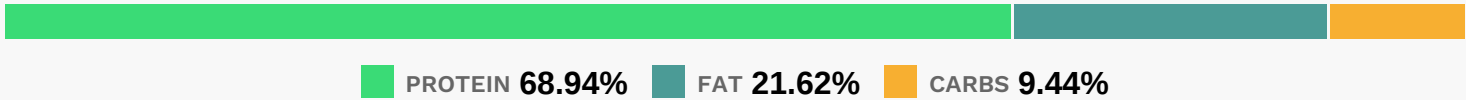
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

## Directions

- ☐ Combine first 6 ingredients in a small bowl, stirring with a whisk.
- ☐ Heat a wok or large skillet over high heat.
- ☐ Add canola oil to pan.
- ☐ Add shrimp to pan; stir-fry 1 minute or until shrimp begin to turn pink.
- ☐ Add garlic, ginger, and jalapeo; stir-fry 1 minute. Stir in broth mixture; cook 1 minute or until shrimp are done and sauce is thickened, stirring constantly.
- ☐ Remove from heat; stir in onions and sesame oil.
- ☐ Garnish with cilantro sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:44.77, Glycemic Load:1.32, Inflammation Score:-2, Nutrition Score:9.0991304361302%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 206.2kcal (10.31%), Fat: 4.94g (7.61%), Saturated Fat: 0.51g (3.22%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 4.28g (1.56%), Sugar: 1.5g (1.67%), Cholesterol: 273.86mg (91.29%), Sodium: 350.45mg (15.24%), Alcohol: 0.4g (100%), Alcohol %: 0.22% (100%), Protein: 35.47g (70.95%), Phosphorus: 380.57mg (38.06%), Copper: 0.69mg (34.69%), Vitamin K: 29.15µg (27.77%), Potassium: 580.96mg (16.6%), Magnesium: 65.9mg (16.47%), Zinc: 2.4mg (16.03%), Calcium: 126.88mg (12.69%), Vitamin C: 7.81mg (9.47%), Manganese: 0.16mg (8.23%), Iron: 1.21mg (6.72%), Vitamin E: 0.83mg (5.53%), Vitamin B6: 0.08mg (3.86%), Vitamin A: 162.71IU (3.25%), Folate: 10.26µg (2.57%), Fiber: 0.58g (2.32%), Vitamin B2: 0.02mg (1.38%), Vitamin B1: 0.02mg (1.17%), Selenium: 0.75µg (1.07%)