



Stir-Fried Shrimp with Spicy Orange Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 1 tablespoon chili paste depending on your taste pref with garlic (such as sambal oelek)
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 3 garlic clove minced
- ☐ 0.3 cup spring onion chopped
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons soy sauce low-sodium

- ☐ 0.3 cup orange juice fresh
- ☐ 1 tablespoon rice vinegar
- ☐ 1.5 pounds shrimp deveined peeled

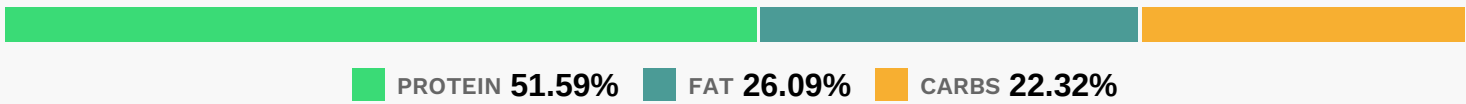
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Place shrimp in a medium bowl.
- ☐ Sprinkle with cornstarch; toss well to coat. Set aside.
- ☐ Combine juice, soy sauce, honey, vinegar, and chile paste, stirring with a whisk; set aside.
- ☐ Heat canola oil in a large nonstick skillet over medium-high heat.
- ☐ Add minced ginger and garlic to pan; stir-fry for 15 seconds or until fragrant.
- ☐ Add shrimp mixture; stir-fry for 3 minutes.
- ☐ Add juice mixture and onions; cook 2 minutes or until sauce thickens and shrimp are done, stirring frequently.
- ☐ Serve immediately.
- ☐ Wine note: Stir-Fried Shrimp with Spicy Orange Sauce needs a wine with a lot of bold fruit to go up against the "punch" of chiles, ginger, and garlic. My favorite choice, ros, may be conventional, but wait until you taste a good one. Ross are fruity (like many red wines) but cool and refreshing (like a white). Try Marqus de Cceras Ros 2006 from Rioja, Spain. It's a steal at \$ --Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:57.82, Glycemic Load:5.71, Inflammation Score:-2, Nutrition Score:9.2956521536993%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 269.84kcal (13.49%), Fat: 7.98g (12.27%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 15.35g (5.12%), Net Carbohydrates: 14.91g (5.42%), Sugar: 10.57g (11.74%), Cholesterol: 273.86mg (91.29%), Sodium: 493.99mg (21.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.49g (70.97%), Phosphorus: 389.96mg (39%), Copper: 0.7mg (35.18%), Vitamin K: 22.34µg (21.28%), Magnesium: 70.53mg (17.63%), Zinc: 2.45mg (16.31%), Potassium: 567.9mg (16.23%), Vitamin C: 10.8mg (13.09%), Calcium: 125.03mg (12.5%), Vitamin E: 1.33mg (8.84%), Manganese: 0.16mg (7.94%), Iron: 1.28mg (7.12%), Folate: 14.37µg (3.59%), Vitamin B6: 0.06mg (3.19%), Vitamin A: 122.25IU (2.44%), Vitamin B2: 0.04mg (2.38%), Vitamin B1: 0.03mg (2.02%), Fiber: 0.44g (1.78%), Vitamin B3: 0.3mg (1.51%)