


 **8%**
HEALTH SCORE

Super Speedy Spicy Sweet and Sour Shrimp

 **Gluten Free**  **Dairy Free**

READY IN

45 min.

SERVINGS

4

CALORIES

556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings cilantro leaves
- 4 servings rice white cooked
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- 3 garlic clove chopped finely
- 1 piece ginger grated
- 2 tbsp honey
- 2 tbsp soy sauce light

- 1 yu choy
- 1 to 5 chillies red
- 2 tbsp rice vinegar chinese
- 550 gr shrimp raw cleaned peeled (prawns)
- 4 spring onion chopped (scallions)
- 2 tbsp unrefined sunflower oil (or other flavourless oil)
- 4 tbsp catsup

Equipment

- bowl
- frying pan
- wok

Directions

- Mix the sauce ingredients together in a bowl, taste it to check if you like the balance of flavour and adjust if you wish. Set this aside.
- Heat the oil on a very high heat in a wok. Get the oil as hot as you can, just below smoking point. Check the heat by dropping a piece of spring onion (scallion) and if it sizzles immediately, the oil is hot enough.
- Add the chili, garlic and ginger, stir and cook for about 30 seconds.
- Add the spring onions (scallions) and cook for a further minute.
- Add the shrimp (prawns) cook for about 2 minutes or until they turn pink.
- Add the sauce, keeping the heat high so that as soon as it hits your pan or wok, it sizzles and reduces. When the sauce has thickened a little, add the pak choi, mix through and cover it, cooking only for a minute.
- Serve with simply boiled white rice and sprinkle with some fresh coriander (cilantro).

Nutrition Facts



PROTEIN 25.85% FAT 13.8% CARBS 60.35%

Properties

Glycemic Index:149.57, Glycemic Load:77.12, Inflammation Score:-4, Nutrition Score:17.296086956522%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Taste

Sweetness: 100%, Saltiness: 18.14%, Sourness: 9.31%, Bitterness: 20.14%, Savoriness: 17.25%, Fattiness: 69.86%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 555.86kcal (27.79%), Fat: 8.49g (13.06%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 83.52g (27.84%), Net Carbohydrates: 81.86g (29.77%), Sugar: 13.45g (14.94%), Cholesterol: 221.38mg (73.79%), Sodium: 827.14mg (35.96%), Protein: 35.78g (71.56%), Manganese: 1.32mg (66.03%), Phosphorus: 426.36mg (42.64%), Copper: 0.77mg (38.37%), Selenium: 18.55µg (26.5%), Vitamin K: 27.65µg (26.34%), Vitamin C: 20.31mg (24.61%), Vitamin E: 3.37mg (22.47%), Magnesium: 88.99mg (22.25%), Zinc: 3.2mg (21.36%), Vitamin B6: 0.36mg (18.14%), Potassium: 604.56mg (17.27%), Calcium: 132.35mg (13.23%), Iron: 1.86mg (10.32%), Vitamin B5: 1.02mg (10.22%), Vitamin B3: 1.79mg (8.96%), Fiber: 1.66g (6.63%), Vitamin A: 320.93IU (6.42%), Vitamin B2: 0.1mg (5.84%), Folate: 21.06µg (5.26%), Vitamin B1: 0.07mg (4.95%)