



Sweet and Sour Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup prechopped bell pepper green
- ☐ 2 teaspoons canola oil
- ☐ 1 tablespoon chile paste with garlic
- ☐ 2 tablespoons cornstarch divided
- ☐ 2 teaspoons sesame oil dark
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon ground ginger fresh
- ☐ 0.3 cup soya sauce low-sodium

- ☐ 1 cup prechopped onion
- ☐ 8 ounce pineapple chunks in juice drained canned
- ☐ 3.5 ounce boil-in-bag rice
- ☐ 3 tablespoons rice vinegar
- ☐ 8 ounces shrimp peeled
- ☐ 2 tablespoons sugar
- ☐ 8 ounces spicy tofu light firm

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook rice according to package directions, omitting salt and fat; set aside.
- ☐ Place tofu between paper towels until barely moist; cut into 1/2-inch cubes.
- ☐ Combine tofu, 1 tablespoon cornstarch, and shrimp.
- ☐ Combine remaining cornstarch, broth, and next 4 ingredients (through chile paste); set aside.
- ☐ Heat sesame oil in a large nonstick skillet over medium-high heat.
- ☐ Add shrimp mixture to pan; saut 3 minutes.
- ☐ Place shrimp mixture in a bowl.
- ☐ Heat canola oil in pan over medium-high heat.
- ☐ Add onion, bell pepper, ginger, and pineapple to pan; saut 2 minutes.
- ☐ Add shrimp mixture; cook 1 minute.
- ☐ Add broth mixture to pan; cook 1 minute.
- ☐ Serve over rice.

Nutrition Facts



 PROTEIN **24.73%**  FAT **19.33%**  CARBS **55.94%**

Properties

Glycemic Index:58.32, Glycemic Load:17.14, Inflammation Score:-4, Nutrition Score:10.441304329945%

Flavonoids

Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.53mg, Quercetin: 8.53mg, Quercetin: 8.53mg, Quercetin: 8.53mg

Nutrients (% of daily need)

Calories: 333.97kcal (16.7%), Fat: 7.24g (11.14%), Saturated Fat: 0.89g (5.56%), Carbohydrates: 47.15g (15.72%), Net Carbohydrates: 44.29g (16.11%), Sugar: 16.92g (18.8%), Cholesterol: 91.29mg (30.43%), Sodium: 707.28mg (30.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.84g (41.68%), Manganese: 0.86mg (42.86%), Vitamin C: 23.91mg (28.99%), Phosphorus: 202.35mg (20.24%), Copper: 0.39mg (19.48%), Calcium: 142.67mg (14.27%), Magnesium: 54.95mg (13.74%), Potassium: 431.65mg (12.33%), Fiber: 2.85g (11.41%), Iron: 2.02mg (11.22%), Vitamin B6: 0.21mg (10.73%), Zinc: 1.36mg (9.09%), Selenium: 5.51µg (7.88%), Vitamin B1: 0.12mg (7.72%), Vitamin B3: 1.14mg (5.69%), Folate: 22µg (5.5%), Vitamin B2: 0.09mg (5.14%), Vitamin B5: 0.39mg (3.93%), Vitamin E: 0.57mg (3.79%), Vitamin K: 3.72µg (3.54%), Vitamin A: 106.4IU (2.13%)