



Sweet-and-Sour Shrimpen Papillote

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

READY IN



45 min.

SERVINGS



8

CALORIES



91 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon cornstarch
- 1 teaspoon gingerroot minced peeled
- 0.3 cup green onions thinly sliced
- 2 tablespoons honey
- 2 tablespoons juice of lemon fresh
- 1 tablespoon soya sauce low-sodium
- 2 cups mushrooms sliced
- 8 ounce pineapple chunks unsweetened undrained canned

- 1 tablespoon red wine vinegar
- 1 pound shrimp deveined peeled

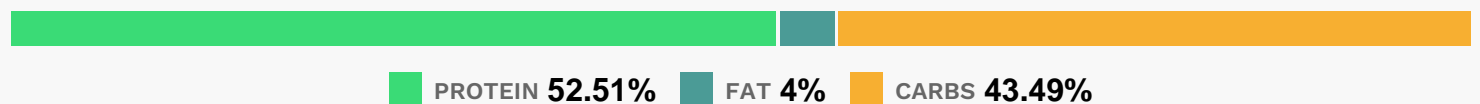
Equipment

- bowl
- baking sheet
- baking paper
- oven

Directions

- Drain pineapple, reserving juice; set pineapple aside.
- Combine pineapple juice, honey, and next 5 ingredients (honey through gingerroot) in a bowl; stir well.
- Combine the mushrooms and green onions in a small bowl; toss well.
- Cut 8 (15-inch) squares of parchment paper. Fold each square in half; open each, and divide pineapple chunks and shrimp evenly among squares, near the fold. Top each serving with 1/4 cup mushroom mixture.
- Drizzle 1 teaspoon pineapple juice mixture over each serving; discard remaining juice mixture.
- Fold paper, and seal edges with narrow folds; place the packets on baking sheets.
- Bake at 400 for 10 minutes or until puffed and lightly browned.
- Place packets on individual serving plates, and cut open; serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.41, Glycemic Load:2.48, Inflammation Score:-1, Nutrition Score:4.7126086755939%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg,

Naringenin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg
Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 90.92kcal (4.55%), Fat: 0.42g (0.65%), Saturated Fat: 0.08g (0.47%), Carbohydrates: 10.4g (3.47%), Net Carbohydrates: 9.66g (3.51%), Sugar: 9.01g (10.01%), Cholesterol: 91.29mg (30.43%), Sodium: 141.91mg (6.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.56g (25.11%), Copper: 0.34mg (16.76%), Phosphorus: 149.21mg (14.92%), Potassium: 285.19mg (8.15%), Magnesium: 28.78mg (7.2%), Vitamin B2: 0.11mg (6.61%), Vitamin C: 5.26mg (6.37%), Zinc: 0.96mg (6.37%), Vitamin K: 6.67µg (6.35%), Vitamin B3: 1mg (4.99%), Calcium: 45.09mg (4.51%), Vitamin B5: 0.38mg (3.77%), Selenium: 2.43µg (3.47%), Vitamin B1: 0.05mg (3.46%), Iron: 0.6mg (3.35%), Fiber: 0.73g (2.93%), Vitamin B6: 0.05mg (2.74%), Manganese: 0.05mg (2.48%), Folate: 9.26µg (2.31%)