



Sweet-and-Sour Shrimp in Fruit Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups rice long-grain hot cooked
- ☐ 4 teaspoons cornstarch
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons juice of lime
- ☐ 1.3 cups orange juice fresh
- ☐ 2 cups papaya cubed peeled
- ☐ 2 cups pineapple cubed
- ☐ 1 teaspoon salt

- ☐ 2 pounds shrimp deveined peeled
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup citrus champagne vinegar

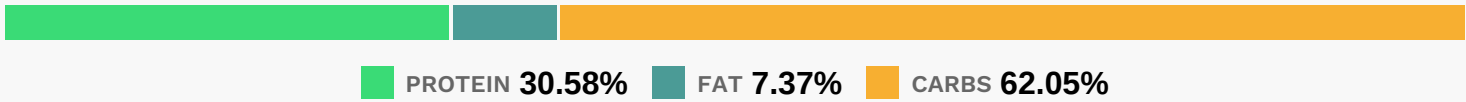
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a nonstick skillet over medium-high heat.
- ☐ Add shrimp; saut 5 minutes.
- ☐ Remove from skillet; set aside.
- ☐ Combine pineapple and next 5 ingredients (pineapple through lime juice) in skillet.
- ☐ Combine vinegar and cornstarch, stirring until well-blended; add to skillet. Bring to a boil, and cook 1 minute or until thickened, stirring constantly.
- ☐ Return shrimp to skillet. Reduce heat to low, and cook 1 minute or until thoroughly heated, stirring constantly.
- ☐ Remove from heat; stir in cilantro.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:63.42, Glycemic Load:62.84, Inflammation Score:-7, Nutrition Score:19.140869451606%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 6.74mg, Hesperetin: 6.74mg, Hesperetin: 6.74mg, Hesperetin: 6.74mg Naringenin: 1.19mg, Naringenin: 1.19mg, Naringenin: 1.19mg, Naringenin: 1.19mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 466kcal (23.3%), Fat: 3.81g (5.86%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 72.2g (24.07%), Net Carbohydrates: 69.85g (25.4%), Sugar: 22.13g (24.59%), Cholesterol: 243.43mg (81.14%), Sodium: 575.36mg (25.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.58g (71.15%), Vitamin C: 83.06mg (100.67%), Manganese: 1.34mg (67.13%), Phosphorus: 411.57mg (41.16%), Copper: 0.81mg (40.55%), Magnesium: 95.15mg (23.79%), Potassium: 720.32mg (20.58%), Zinc: 2.94mg (19.62%), Selenium: 12.34µg (17.63%), Calcium: 136.89mg (13.69%), Vitamin A: 646.27IU (12.93%), Vitamin B6: 0.25mg (12.51%), Folate: 49.16µg (12.29%), Fiber: 2.35g (9.4%), Vitamin B5: 0.93mg (9.34%), Vitamin B1: 0.14mg (9.09%), Iron: 1.56mg (8.69%), Vitamin K: 8.59µg (8.18%), Vitamin B3: 1.31mg (6.53%), Vitamin B2: 0.07mg (4.15%), Vitamin E: 0.45mg (2.98%)