



Sweet and Spicy Shrimp



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup soya sauce
- ☐ 0.5 teaspoon sesame oil
- ☐ 2 teaspoons sugar
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 teaspoons cornstarch
- ☐ 1 tablespoon vegetable oil
- ☐ 1 small onion cut into 1-inch pieces
- ☐ 0.5 medium bell pepper green cut into 1-inch pieces

- ☐ 0.5 cup carrots thinly sliced
- ☐ 0.8 pound shrimp frozen thawed deveined uncooked peeled
- ☐ 1 serving rice hot cooked

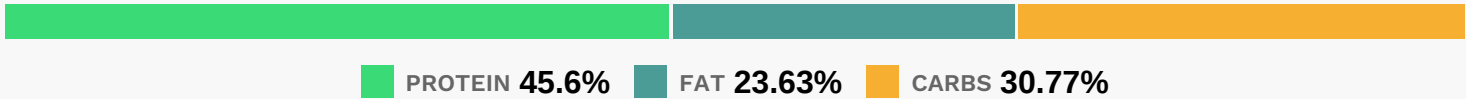
Equipment

- ☐ frying pan

Directions

- ☐ Stir together soy sauce, sesame oil, sugar, crushed red pepper and cornstarch until cornstarch is dissolved; set aside.
- ☐ Heat oil in 12-inch skillet over medium-high heat. Stir-fry onion, bell pepper and carrot in oil 2 to 3 minutes or until crisp-tender.
- ☐ Stir in soy sauce mixture and shrimp. Stir-fry 3 to 5 minutes, until shrimp are pink and firm and sauce is thickened.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:69.48, Glycemic Load:8.39, Inflammation Score:-9, Nutrition Score:9.3069563222968%

Flavonoids

Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 169.89kcal (8.49%), Fat: 4.53g (6.97%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 13.26g (4.42%), Net Carbohydrates: 11.97g (4.35%), Sugar: 4.13g (4.59%), Cholesterol: 136.93mg (45.64%), Sodium: 927.77mg (40.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.66g (39.31%), Vitamin A: 2802.47IU (56.05%), Phosphorus: 223.88mg (22.39%), Copper: 0.39mg (19.64%), Vitamin C: 14.2mg (17.21%), Manganese: 0.26mg (13.11%), Magnesium: 43.5mg (10.87%), Potassium: 369.91mg (10.57%), Vitamin K: 9.87µg (9.4%), Zinc: 1.4mg (9.32%),

Calcium: 70.96mg (7.1%), Vitamin B6: 0.13mg (6.45%), Iron: 1.01mg (5.62%), Fiber: 1.29g (5.16%), Vitamin B3: 0.93mg (4.65%), Vitamin E: 0.55mg (3.68%), Folate: 11.13µg (2.78%), Vitamin B2: 0.05mg (2.68%), Vitamin B1: 0.04mg (2.68%), Selenium: 1.79µg (2.56%), Vitamin B5: 0.21mg (2.14%)