



Szechuan Shrimp

 Dairy Free

READY IN



9 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper red crushed
- ☐ 4 green onions cut into 1-inch pieces
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 2 tablespoons lightly soy nuts salted toasted coarsely chopped
- ☐ 0.5 cup sesame-ginger dressing light (such as Newman's Own)

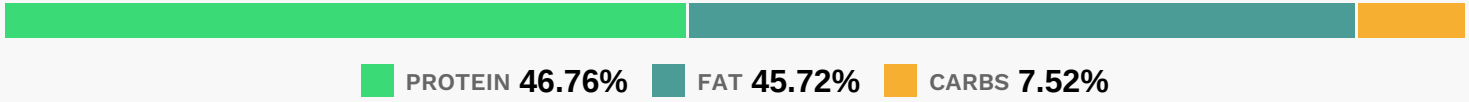
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat; coat with cooking spray. Coat shrimp with cooking spray; add shrimp and red pepper to pan. Stir-fry 2 minutes.
- ☐ Add dressing and onions. Cook 3 minutes or until shrimp are done, stirring constantly.
- ☐ Sprinkle evenly with soy nuts; serve immediately.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:11.243043600217%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 321.26kcal (16.06%), Fat: 16.67g (25.64%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 6.17g (2.06%), Net Carbohydrates: 4.82g (1.75%), Sugar: 2.91g (3.23%), Cholesterol: 273.86mg (91.29%), Sodium: 523.13mg (22.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.35g (76.71%), Vitamin K: 45.47µg (43.31%), Phosphorus: 429.12mg (42.91%), Copper: 0.76mg (37.93%), Magnesium: 79.35mg (19.84%), Potassium: 639.4mg (18.27%), Zinc: 2.73mg (18.17%), Calcium: 135.03mg (13.5%), Manganese: 0.24mg (12.16%), Vitamin E: 1.77mg (11.81%), Iron: 1.61mg (8.93%), Folate: 22.94µg (5.74%), Fiber: 1.35g (5.42%), Vitamin A: 242.08IU (4.84%), Vitamin B2: 0.07mg (4.06%), Vitamin C: 2.6mg (3.15%), Selenium: 2.08µg (2.96%), Vitamin B1: 0.04mg (2.61%), Vitamin B6: 0.03mg (1.59%)