



Szechuan Shrimp with Spinach



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce baby spinach fresh
- ☐ 2 tablespoons bottled garlic minced
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon sriracha (such as Lee Kum Kee)
- ☐ 2 teaspoons cornstarch
- ☐ 2 tablespoons cooking sherry dry
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1.5 tablespoons bottled ground ginger fresh (such as Spice World)

- ☐ 1.5 tablespoons soya sauce low-sodium
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 teaspoon sugar

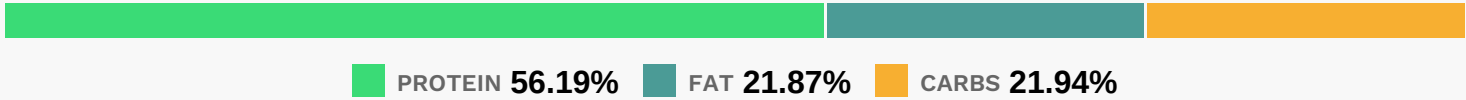
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Combine first 6 ingredients in a bowl, stirring well.
- ☐ Add shrimp to bowl; toss to coat.
- ☐ Let stand for 5 minutes.
- ☐ Remove shrimp with a slotted spoon, and reserve marinade.
- ☐ Combine broth and cornstarch in a small bowl, stirring with a whisk.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add shrimp to pan; saut 3 minutes or until done.
- ☐ Remove shrimp from pan.
- ☐ Add reserved marinade to pan; cook 1 minute or until slightly thick.
- ☐ Add broth mixture to pan; bring to a boil.
- ☐ Add spinach to pan; cook 1 minute or until spinach wilts.
- ☐ Serve with shrimp.

Nutrition Facts



Properties

Glycemic Index:36.77, Glycemic Load:1.81, Inflammation Score:-10, Nutrition Score:25.702608722707%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 5.45mg, Kaempferol: 5.45mg, Kaempferol: 5.45mg, Kaempferol: 5.45mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 187.64kcal (9.38%), Fat: 4.6g (7.07%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 10.37g (3.46%), Net Carbohydrates: 7.86g (2.86%), Sugar: 2.38g (2.64%), Cholesterol: 182.57mg (60.86%), Sodium: 745.24mg (32.4%), Alcohol: 0.77g (100%), Alcohol %: 0.38% (100%), Protein: 26.57g (53.15%), Vitamin K: 413.45µg (393.76%), Vitamin A: 7976.24IU (159.52%), Manganese: 1.59mg (79.4%), Folate: 168.46µg (42.12%), Vitamin C: 26.25mg (31.82%), Phosphorus: 313.53mg (31.35%), Copper: 0.59mg (29.73%), Magnesium: 117.97mg (29.49%), Potassium: 863.77mg (24.68%), Iron: 3.54mg (19.66%), Calcium: 176.13mg (17.61%), Vitamin E: 2.37mg (15.8%), Zinc: 2.19mg (14.59%), Vitamin B6: 0.29mg (14.4%), Vitamin B2: 0.19mg (11.4%), Fiber: 2.52g (10.06%), Vitamin B1: 0.09mg (5.8%), Vitamin B3: 1.08mg (5.42%), Selenium: 3.66µg (5.22%), Vitamin B5: 0.17mg (1.66%)