

Szechwan Shrimp



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



129 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons cornstarch
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 4 cloves garlic minced
- ☐ 0.3 cup green onions sliced
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 teaspoon honey
- ☐ 2 tablespoons catsup
- ☐ 12 ounces shrimp cooked

- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon vegetable oil
- ☐ 4 tablespoons water

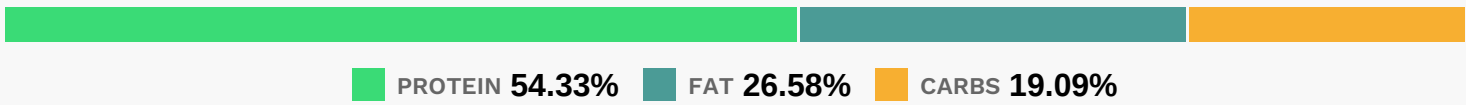
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a bowl, stir together water, ketchup, soy sauce, cornstarch, honey, crushed red pepper, and ground ginger. Set aside.
- ☐ Heat oil in a large skillet over medium–high heat. Stir in green onions and garlic; cook 30 seconds. Stir in shrimp, and toss to coat with oil. Stir in sauce. Cook and stir until sauce is bubbly and thickened.

Nutrition Facts



Properties

Glycemic Index:32.32, Glycemic Load:1.16, Inflammation Score:-2, Nutrition Score:5.4086958234725%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 129.35kcal (6.47%), Fat: 3.91g (6.02%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 6.33g (2.11%), Net Carbohydrates: 5.92g (2.15%), Sugar: 3.31g (3.68%), Cholesterol: 136.93mg (45.64%), Sodium: 427.16mg (18.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18g (36.01%), Phosphorus: 197.87mg (19.79%), Vitamin K: 19.73µg (18.79%), Copper: 0.37mg (18.29%), Magnesium: 35.4mg (8.85%), Zinc: 1.25mg (8.35%), Potassium: 291.89mg (8.34%), Manganese: 0.17mg (8.3%), Calcium: 67.93mg (6.79%), Iron: 0.8mg (4.44%), Vitamin A: 175.22IU (3.5%), Vitamin E: 0.52mg (3.46%), Vitamin B6: 0.07mg (3.41%), Vitamin C: 2.43mg (2.95%), Vitamin B3: 0.38mg (1.91%), Vitamin B2: 0.03mg (1.81%), Fiber: 0.4g (1.6%), Folate: 5.7µg (1.42%), Selenium: 0.71µg (1.02%)