



 **11%**  
HEALTH SCORE

## Thai Shrimp

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**561 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 bunch basil
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- 8 cups chicken stock see
- 4 servings rice hot cooked
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- 2 tablespoons fish sauce
- 4 spring onion

- 1 teaspoon vegetable oil; peanut oil preferred organic
- 3 to 2 chilies slit green red hot
- 8 ounces shrimp deveined cooked peeled per pound
- 2 teaspoons soya sauce
- 1 teaspoon sugar

## Equipment

- wok

## Directions

- Peel and devein shrimp. Wash, dry and steam basil, mince garlic, thinly slice seeded chilies, mince white part of onion and cut green part into 1 inch pieces. Recipe can be prepared ahead to this stage.
- Heat wok over high heat. Swirl oil into wok and heat almost to smoking.
- Add garlic, chilies, onions (white part), and cook 10–15 seconds; add shrimp and stir fry 20 seconds or until they change color.
- Add fish sauce, soy sauce, sugar, chicken, stock and green part of onions and bring mixture to a boil. Stir in basil and cook 20 seconds or until leaves wilt and shrimp are firm and pink. Dish is supposed to be soupy.
- Serve over hot cooked rice.

## Nutrition Facts



**PROTEIN 22.63%** **FAT 12.77%** **CARBS 64.6%**

## Properties

Glycemic Index:146.02, Glycemic Load:72.67, Inflammation Score:-5, Nutrition Score:20.309565217391%

## 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

## Taste

Sweetness: 100%, Saltiness: 20.94%, Sourness: 9.84%, Bitterness: 21.28%, Savoriness: 18.22%, Fattiness: 72.43%, Spiciness: 100%

## **Nutrients (% of daily need)**

Calories: 560.61kcal (28.03%), Fat: 7.77g (11.95%), Saturated Fat: 1.96g (12.22%), Carbohydrates: 88.44g (29.48%), Net Carbohydrates: 85.97g (31.26%), Sugar: 10.49g (11.66%), Cholesterol: 105.69mg (35.23%), Sodium: 1744.8mg (75.86%), Protein: 30.98g (61.97%), Manganese: 1.24mg (61.92%), Vitamin B3: 8.96mg (44.79%), Selenium: 29.27µg (41.81%), Vitamin K: 42.41µg (40.39%), Phosphorus: 364.06mg (36.41%), Copper: 0.68mg (33.92%), Vitamin B6: 0.57mg (28.42%), Vitamin B2: 0.46mg (27.14%), Potassium: 813.86mg (23.25%), Magnesium: 89.39mg (22.35%), Zinc: 2.7mg (18.02%), Vitamin B1: 0.23mg (15.08%), Iron: 2.22mg (12.35%), Folate: 46.64µg (11.66%), Fiber: 2.46g (9.85%), Vitamin C: 8.03mg (9.73%), Vitamin B5: 0.96mg (9.64%), Calcium: 94.59mg (9.46%), Vitamin A: 346.12IU (6.92%), Vitamin E: 0.49mg (3.29%)