



The Secret Ingredient (Ginger Jam): Ginger Shrimp

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



1109 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup canola oil
- 0.3 cup cornstarch
- 2 servings cilantro leaves fresh chopped for serving
- 1 tablespoon jam
- 2 servings spring onion chopped for serving
- 180 shrimp deveined peeled
- 1 tablespoon soya sauce

Equipment

pot

wok

Directions

Lightly coat the shrimp with the cornstarch.

Heat the oil in a wok over high heat. Sear the shrimp in batches on both sides for a total of 2 1/2 minutes.

Meanwhile, in a small saucepot, heat the ginger jam and soy sauce over medium heat for minute. Toss the shrimp in the sauce, and top with chopped scallion and fresh cilantro.

Nutrition Facts


PROTEIN 65.51% **FAT 26.42%** **CARBS 8.07%**

Properties

Glycemic Index:67, Glycemic Load:3.88, Inflammation Score:-1, Nutrition Score:26.682173841673%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 1108.62kcal (55.43%), Fat: 32.63g (50.19%), Saturated Fat: 2.98g (18.59%), Carbohydrates: 22.44g (7.48%), Net Carbohydrates: 21.95g (7.98%), Sugar: 5.14g (5.72%), Cholesterol: 1449mg (483%), Sodium: 1579.39mg (68.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 182.04g (364.07%), Phosphorus: 1943.95mg (194.39%), Copper: 3.55mg (177.72%), Zinc: 12.14mg (80.92%), Magnesium: 320.71mg (80.18%), Potassium: 2420.34mg (69.15%), Calcium: 584.51mg (58.45%), Vitamin E: 4.95mg (32.98%), Vitamin K: 32.69µg (31.14%), Iron: 5.11mg (28.38%), Manganese: 0.36mg (18.22%), Vitamin C: 2.04mg (2.47%), Vitamin B3: 0.39mg (1.96%), Fiber: 0.48g (1.94%), Folate: 6.62µg (1.66%), Vitamin B2: 0.03mg (1.54%), Vitamin A: 66.57IU (1.33%), Vitamin B6: 0.02mg (1.19%), Selenium: 0.76µg (1.08%)