



Utokia's Tips for Ginger Shrimp & Broccoli



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



150 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups broccoli florets
- ☐ 0.5 tablespoon ginger fresh grated
- ☐ 2 cloves garlic crushed
- ☐ 1 pound shrimp raw deveined peeled
- ☐ 4 servings parchment paper reynolds®
- ☐ 1 tablespoon sesame oil
- ☐ 0.5 tablespoon soya sauce

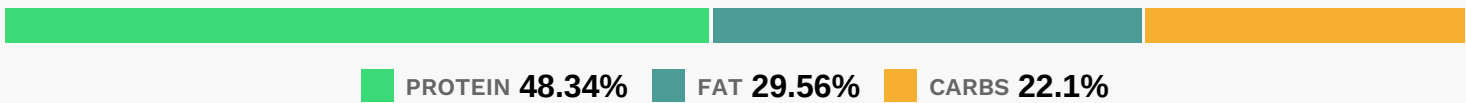
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F. Tear off four 15-inch sheets of Reynolds Parchment Paper. Fold each sheet in half and crease it in the center.
- ☐ Cut each into a heart shape; unfold.
- ☐ Divide broccoli and shrimp evenly on one-half of each sheet near crease.
- ☐ Mix garlic, sesame oil, ginger and soy sauce. Spoon 1/4 the mixture evenly over broccoli and shrimp on each sheet.
- ☐ Fold over other half of each sheet to enclose ingredients. Starting at top, make small overlapping folds down entire length of parchment to secure edges together. Twist last fold several times to make a tight seal.
- ☐ Place parchment packets on a large baking sheet with 1-inch sides.
- ☐ Bake 13 to 15 minutes or until shrimp is done.
- ☐ Place parchment packets on dinner plates. Carefully cut an X in the top of each packet; open carefully, allowing steam to escape.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:1.35, Inflammation Score:-7, Nutrition Score:21.248260840126%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.14mg, Kaempferol: 7.14mg, Kaempferol: 7.14mg, Kaempferol: 7.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 149.59kcal (7.48%), Fat: 5.01g (7.71%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 8.43g (2.81%), Net Carbohydrates: 5.98g (2.17%), Sugar: 1.62g (1.79%), Cholesterol: 142.97mg (47.66%), Sodium: 803.64mg (34.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.45g (36.89%), Vitamin C: 81.68mg (99.01%), Vitamin K: 93.66µg (89.2%), Selenium: 36.36µg (51.94%), Phosphorus: 343.08mg (34.31%), Vitamin B12: 1.26µg (20.98%), Folate: 80.28µg (20.07%), Vitamin B6: 0.37mg (18.33%), Vitamin A: 771.32IU (15.43%), Vitamin E: 2.26mg (15.06%), Vitamin B3: 2.76mg (13.79%), Manganese: 0.27mg (13.43%), Copper: 0.26mg (13.1%), Potassium: 430.94mg (12.31%), Magnesium: 45.91mg (11.48%), Calcium: 107.78mg (10.78%), Zinc: 1.51mg (10.07%), Fiber: 2.45g (9.8%), Vitamin B5: 0.89mg (8.92%), Vitamin B2: 0.13mg (7.8%), Vitamin B1: 0.1mg (6.47%), Iron: 1.02mg (5.67%)