

Shanghai Shrimp Stir-Fry

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Servings: 6

1 package (7 ounce) rice stick noodles
3 tablespoons canola oil, divided
3 tablespoons low-sodium soy sauce, divided
3 tablespoons rice vinegar, divided
1/4 teaspoon salt
3/4 pound mini sweet peppers, tops trimmed and quartered
8 ounces sugar snap peas
1 medium onion, thinly sliced
1 1/2 pounds raw cleaned shrimp, thawed if frozen
1/8 teaspoon salt
1/2 cup sweet chili sauce
2 tablespoons fresh lemon juice
1 to 2 teaspoons Asian chili-garlic sauce

Preparation Time: 5 minutes

Cook Time: 15 minutes

Bring a large pot of lightly salted water to boiling. Add the rice noodles and cook for 3 minutes. Drain.

In a wok or very large skillet over medium-high heat, heat one tablespoon of the oil. Add the noodles, one tablespoon of the soy sauce, one tablespoon of the rice vinegar and 1/4 teaspoon of the salt. Stir-fry for 2 minutes. Transfer to a platter..

Return the wok or skillet to medium-high heat and add the remaining two tablespoons of oil. Add the peppers, snap peas and onion. Stir-fry for 4 minutes. Add the shrimp and cook for 5 minutes, stirring, until opaque. Season with 1/8 teaspoon of salt.

Meanwhile, whisk together the sweet chili sauce, remaining soy sauce, remaining rice vinegar, lemon juice and chili-garlic sauce. Stir into the wok and cook for 1 minute.

Pour over the noodles on the platter and serve.

Per Serving (excluding unknown items): 90 Calories; 7g Fat (67.3% calories from fat); 2g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 434mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	90
% Calories from Fat:	67.3%
% Calories from Carbohydrates:	25.8%
% Calories from Protein:	6.9%
Total Fat (g):	7g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	0mg
Carbohydrate (g):	6g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	434mg
Potassium (mg):	59mg
Calcium (mg):	25mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	6mg
Vitamin A (i.u.):	223IU
Vitamin A (r.e.):	0RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	90	Calories from Fat: 60
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% Daily Values*

Total Fat	7g	11%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	434mg	18%
Total Carbohydrates	6g	2%
Dietary Fiber	1g	5%
Protein	2g	
Vitamin A		4%
Vitamin C		10%
Calcium		2%
Iron		3%

* Percent Daily Values are based on a 2000 calorie diet.