

Chinese Shrimp and Broccoli Stir Fry

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/shrimp-broccoli-recipe-chinese-food>

Ingredients:

- 1 pound medium shrimp peeled and deveined
- 1 tablespoon cornstarch
- 2 1/2 tablespoons canola oil divided
- 1/4 cup green onions diagonally cut
- 2 teaspoons peeled fresh ginger minced
- 3 garlic cloves thinly sliced
- 2 cups broccoli florets
- 1/4 cup reduced sodium soy sauce
- 2 tablespoons rice vinegar
- 1 teaspoon honey
- 1/8 teaspoon crushed red pepper

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 170 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 25 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 720 milligrams
9. Sugar: 3 grams

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