

# Fresh Pear and Shrimp Stir Fry

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 1 whole pear peeled, cored and cut into small wedges
- 4 ounces sliced carrots thinly
- 2 tablespoons cooking oil
- 4 ounces snow peas
- 1 teaspoon fresh ginger grated
- 8 ounces shrimp peeled and deveined
- 1/2 teaspoon table salt
- 1 teaspoon sugar
- 2 tablespoons chicken broth
- 1 teaspoon cornstarch

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 85 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 13 grams
7. Sodium: 400 milligrams
8. Sugar: 4 grams

---

Thank you for visiting our website. Hope you enjoy Fresh Pear and Shrimp Stir Fry above. You can see more 19 simple chinese shrimp sauce recipe You won't believe the taste! to get more great cooking ideas.