

Spicy Shrimp and Vegetable Stir-Fry

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-shrimp-and-vegetable-stir-fry-recipe>

Ingredients:

- 1/4 cup low sodium soy sauce
- 1/4 cup sake
- 2 tablespoons sugar
- 1 tablespoon toasted sesame oil dark
- 1 tablespoon chopped garlic
- 1 tablespoon ginger finely chopped or grated
- 1 cup red bell pepper large-diced
- 1 cup green bell pepper large-diced
- 1 cup diced onion large-
- 1 cup cabbage cubed
- 1 cup sliced carrot
- 1/2 teaspoon red pepper flakes
- 24 large shrimp shelled and deveined

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 21 grams
3. Fat: 3.5 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. Sodium: 560 milligrams
7. Sugar: 12 grams

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