

Shrimp Stir Fry with Vegetables

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 500 grams shrimps
- 1/2 red bell pepper
- 1/2 green bell pepper
- 1 cup zucchini
- 1 onion
- 10 cloves finely chopped
- 2 stalks garlic chives
- 4 tablespoons vegetable
- 2 teaspoons light soy sauce
- 2 teaspoons tomato ketchup
- 1/2 teaspoon sugar
- 1 teaspoon vinegar
- 2 teaspoons corn flour
- salt
- pepper

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 190 milligrams
4. Fat: 3 grams
5. Fiber: 3 grams
6. Protein: 27 grams
7. Sodium: 570 milligrams
8. Sugar: 4 grams

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