

SHRIMP STIR-FRY

 30 minutes 30 minutes

INGREDIENTS

- Shrimp stir-fry
- Sauteed onions, mushrooms, shredded cabbage, carrots
- 1 cup of rice noodles, or cooked rice
- 1 tbsp of soy sauce, 1 tbsp sugar, 1 tbsp cornstarch mix together in a cup add to stir fry with veggies, and/or rice

COOKING METHOD

1^o Sauteed in a hot skillet, use grape seed oil or olive oil

NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	93 kcal	5 %
FAT	3 g	4 %
FATTY ACIDS, TOTAL SATURATED	0 g	2 %
CHOLESTEROL	0 mg	0 %
SODIUM	285 mg	12 %
CARBOHYDRATE	15 g	5 %
SUGARS	0 g	—
FIBER	2 g	7 %
PROTEIN	2 g	—