



# Shrimp Stir-fry Skillet

SERVING: 6  
YIELD: 1 CUP

PREP TIME: 5 MIN  
TOTAL TIME: 30 MIN

## Ingredients

- 1 pkg (20oz) Frozen Deluxe Stir-fry Vegetables
- 1 cup Water
- 1 cup Instant Brown Rice
- 1 pkg (12oz) Frozen Cooked Shrimp, *deveined, tail-off*
- 2 tbsp Sesame Sauce, (*P.F. Chang's*)
- 1 tbsp Soy Sauce Reduced Sodium
- 1 tbsp Chile Garlic Sauce, (*Lee Kum Kee*)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Corn Starch
- 1/2 tsp Cilantro Leaves, *seasoning*
- 1/2 tsp Onion Powder
- 1/4 tsp Ground Ginger, *seasoning*

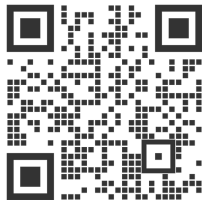
## Directions

1. Add cooking oil spray to a large skillet over medium-high heat. Add frozen vegetables. Cook for about 2-4 minutes.
2. Using a small pot, bring 1 cup water to boil. Add 1 cup instant rice, stir, and reduce to medium heat. Cover and cook 5 minutes. After cook time, remove from heat, stir, and let sit for 5 minutes.
3. Add frozen shrimp to large skillet. Stir and cook 6-8 minutes.
4. In a small container, combine sesame sauce, soy sauce, chile garlic sauce, oil, cornstarch, and seasonings.
5. Add sauce mixture and cooked rice to large skillet. Stir and cover. Simmer on medium heat for 5 minutes. Enjoy!

### Nutrition Facts

|  |                     |
|--|---------------------|
| 6 servings per container   |                     |
| <b>Serving size</b>  | <b>1 cup (0.0g)</b> |
| <b>Amount Per Serving</b>  |                     |
| <b>Calories</b>  | <b>230</b>          |
| <b>% Daily Value*</b>  |                     |
| <b>Total Fat</b> 4g  | <b>5%</b>           |
| Saturated Fat 0.5g   | <b>3%</b>           |
| Trans Fat 0g   |                     |
| <b>Cholesterol</b> 120mg   | <b>40%</b>          |
| <b>Sodium</b> 800mg  | <b>35%</b>          |
| <b>Total Carbohydrate</b> 37g  | <b>13%</b>          |
| Dietary Fiber 4g   | <b>14%</b>          |
| Total Sugars 4g  |                     |
| Includes <1g Added Sugars  | <b>1%</b>           |
| <b>Protein</b> 13g   |                     |
| Vitamin D 0mcg   | 0%                  |
| Calcium 130mg  | 10%                 |
| Iron 1.1mg   | 6%                  |
| Potassium 290mg  | 6%                  |
| <small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> |                     |

\*Cost information includes lower cost ingredients found at local grocery store 04/21/23.



|                 |                  |
|-----------------|------------------|
| Cost Per Recipe | Cost Per Serving |
| \$10.68         | \$1.78           |



| Nutrition Facts   |                          |
|---|--------------------------|
| about 7 servings per container  |                          |
| <b>Serving size</b>   | <b>3/4 cup (85g)</b>     |
| Amount per serving  |                          |
| <b>Calories</b>   | <b>30</b>                |
| % Daily Value*  |                          |
| <b>Total Fat</b> 0g   | <b>0%</b>                |
| Saturated Fat 0g  | <b>0%</b>                |
| Trans Fat 0g  |                          |
| <b>Cholesterol</b> 0mg  | <b>0%</b>                |
| <b>Sodium</b> 15mg  | <b>1%</b>                |
| <b>Total Carbohydrate</b> 7g  | <b>3%</b>                |
| Dietary Fiber 2g  | <b>7%</b>                |
| Total Sugars 2g   |                          |
| Includes 0g Added Sugars  | <b>0%</b>                |
| <b>Protein</b> 2g   |                          |
| Vitamin D 0mcg  | 0%                       |
| Calcium 29mg  | 2%                       |
| Iron 0.5mg  | 2%                       |
| Potassium 200mg   | 4%                       |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                          |
| Calories per gram:  |                          |
| Fat 9   | Carbohydrate 4 Protein 4 |



| Nutrition Facts  |                             |
|--|-----------------------------|
| Serving Size 3 oz (84g/ about 15 shrimp)   |                             |
| Servings Per Container 4   |                             |
| Amount Per Serving   |                             |
| <b>Calories</b> 100  | <b>Calories from Fat</b> 15 |
| % Daily Value*   |                             |
| <b>Total Fat</b> 2g  | <b>3%</b>                   |
| Saturated Fat 0.5g   | <b>2%</b>                   |
| Trans Fat 0g   |                             |
| <b>Cholesterol</b> 180mg   | <b>60%</b>                  |
| <b>Sodium</b> 710mg  | <b>30%</b>                  |
| <b>Total Carbohydrate</b> 2g   | <b>1%</b>                   |
| Dietary Fiber 0g   | <b>0%</b>                   |
| Sugars 0g  |                             |
| <b>Protein</b> 20g   |                             |
| Vitamin A 4%   | Vitamin C 0%                |
| Calcium 8%   | Iron 2%                     |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                             |
| Calories: 2,000 2,500  |                             |
| Total Fat  | Less than 65g 80g           |
| Saturated Fat  | Less than 20g 25g           |
| Cholesterol  | Less than 300mg 300mg       |
| Sodium   | Less than 2,400mg 2,400mg   |
| Total Carbohydrate   | 300g 375g                   |
| Dietary Fiber  | 25g 30g                     |
| Calories per gram:   |                             |
| Fat 9  | Carbohydrate 4 Protein 4    |



| Nutrition Facts                 | Amount/serving  | % Daily Value | Amount/serving               | % Daily Value |
|---------------------------------|---|---------------|------------------------------|---------------|
|                                 | <b>Total Fat</b> 1g   | <b>1%</b>     | <b>Total Carbohydrate</b> 7g | <b>3%</b>     |
| about 12 servings per container | Saturated Fat 0g  | <b>0%</b>     | Dietary Fiber 0g             | <b>0%</b>     |
|                                 | Trans Fat 0g  |               | Total Sugars 6g              |               |
| <b>Serving size</b>             | <b>Cholesterol</b> 0mg  | <b>0%</b>     | Incl. 4g Added Sugars        | <b>8%</b>     |
| <b>2 tbsp (33g)</b>             | <b>Sodium</b> 500mg   | <b>22%</b>    | <b>Protein</b> 0g            |               |
| <b>Calories</b>                 | Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0% |               |                              |               |
| <b>per serving</b>              | <b>35</b>   |               |                              |               |



| Nutrition Facts   |            |
|---|------------|
| Serv. Size: 2 tbsp (36g)                                  |            |
| Servings About 6  |            |
| Amount Per Serving  |            |
| <b>Calories</b> 30  |            |
| % Daily Value*  |            |
| <b>Total Fat</b> 0g                                       | <b>0%</b>  |
| <b>Sodium</b> 1560mg                                      | <b>65%</b> |
| <b>Total Carb.</b> 6g                                     | <b>2%</b>  |
| Dietary Fiber 2g  | <b>8%</b>  |
| Sugars 4g   |            |
| <b>Protein</b> < 1g                                       |            |
| * Percent Daily Values are based on a 2,000 calorie diet. |            |