

# Spicy Stir-Fried Shrimp

*Carol Rice*

*Church of St Peter, Mendota, MN - Our Favorite Recipes, September, 2003*

*1 pound medium shrimp, in shells*  
*2 tablespoons peanut oil*  
*2 tablespoons green onions, shredded*  
*1 tablespoon Chinese black beans, rinsed and drained*  
*2 teaspoons ginger root, minced*  
*2 cloves garlic, crushed*  
*1 teaspoon chile pepper*  
*1 tablespoon sesame oil*  
*1 tablespoon soy sauce*  
*1 teaspoon Chinese chile paste with garlic*  
*1 teaspoon oyster sauce*

Slit the shrimp through the shells and down the center of the backs. Remove the dark veins with the tip of a small knife and discard. Do not remove the shrimp from the shells.

Rinse the beans by pouring hot water over the beans and let set for 30 minutes.

Heat the oil in a wok or skillet until hot.

In a bowl, combine the green onion, black beans, ginger, garlic and chile pepper. Place in the hot oil and stir-fry until the garlic is fragrant, about 1 minute.

Add the shrimp, sesame oil, soy sauce, chile paste and oyster sauce. Cook, stirring constantly, until the shrimp turn pink, about 4 to 5 minutes.

Serve the shrimp in the shells immediately. (The shrimp may also be served at room temperature or cold.)

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Per Serving (excluding unknown items): 866 Calories; 48g Fat (51.5% calories from fat); 93g Protein; 9g Carbohydrate; 1g Dietary Fiber; 690mg Cholesterol; 1741mg Sodium. Exchanges: 0 Grain(Starch); 13 Lean Meat; 1 Vegetable; 8 Fat.

Seafood

## Per Serving Nutritional Analysis

Calories (kcal):

866

Vitamin B6 (mg):

.1mg

% Calories from Fat:	51.5%
% Calories from Carbohydrates:	4.2%
% Calories from Protein:	44.2%
Total Fat (g):	48g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	19g
Polyunsaturated Fat (g):	17g
Cholesterol (mg):	690mg
Carbohydrate (g):	9g
Dietary Fiber (g):	1g
Protein (g):	93g
Sodium (mg):	1741mg
Potassium (mg):	947mg
Calcium (mg):	260mg
Iron (mg):	11mg
Zinc (mg):	5mg
Vitamin C (mg):	13mg
Vitamin A (i.u.):	864IU
Vitamin A (r.e.):	250RE

Vitamin B12 (mcg):	4.5mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	25mcg
Niacin (mg):	12mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	13
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	8
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	866	Calories from Fat: 446
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### % Daily Values\*

<b>Total Fat</b>	48g	74%
Saturated Fat	7g	36%
<b>Cholesterol</b>	690mg	230%
<b>Sodium</b>	1741mg	73%
<b>Total Carbohydrates</b>	9g	3%
Dietary Fiber	1g	3%
<b>Protein</b>	93g	
<b>Vitamin A</b>		17%
<b>Vitamin C</b>		22%
<b>Calcium</b>		26%
<b>Iron</b>		63%

\* Percent Daily Values are based on a 2000 calorie diet.