



*Delicious!*

PREPARATION: 15 MINUTES | COOKING: 10 MINUTES | SERVINGS: 4

# SWEET AND SOUR SHRIMP

## INGREDIENTS

- |  |  |
|--|--|
| <i>½ cup unsweetened pineapple juice</i> | <i>2 tablespoons olive oil</i>                             |
| <i>¼ cup water</i>                       | <i>1 lb (12 large) shrimp, peeled, tails on</i>            |
| <i>¼ cup white vinegar</i>               | <i>½ cup carrots, cut into matchsticks</i>                 |
| <i>¼ cup sugar</i>                       | <i>2 garlic cloves, chopped</i>                            |
| <i>2 tablespoons corn starch</i>         | <i>1 teaspoon fresh ginger, grated</i>                     |
| <i>⅔ cup uncooked white rice</i>         | <i>⅛ teaspoon white pepper</i>                             |
|  | <i>1 teaspoon fresh parsley, finely chopped (optional)</i> |

## PREPARATION

- 1** In a bowl, combine pineapple juice, water, vinegar, sugar, and corn starch. Set aside.
- 2** Cook the rice according to instructions on the package.
- 3** In a non-stick frying pan, heat olive oil over medium-high heat. Add the shrimp, carrots, garlic, and ginger. Stir fry until the shrimp are cooked and turn pink in color.
- 4** Whisk the liquid from step 1 again and add it to the shrimp and vegetables. Stir constantly until the sauce thickens. Season with pepper.
- 5** Sprinkle with parsley and serve over white rice.



# SWEET AND SOUR SHRIMP



Nutrient Analysis	
<b>PER SERVING</b>	
¼ of recipe	
<b>Renal/Diabetic Exchanges:</b>	
2 Lean Meat + 3 Starch + 1 Lower-Potassium Vegetable	
Calories	344
Protein	20g
Total Carbohydrate	49g
Fiber	1g
Sugars	16g
Fat	7g
Saturated	1g
Cholesterol	137mg
Sodium	114mg
Potassium	349mg
Phosphorus	226mg
Calcium	71mg
Iron	2mg
Magnesium	45mg
Vitamin C	5mg

Diet Types	
<input checked="" type="checkbox"/> CKD Non-Dialysis	<input checked="" type="checkbox"/> Dialysis/Diabetes
<input checked="" type="checkbox"/> Dialysis	<input checked="" type="checkbox"/> Transplant

## POTASSIUM CHECK ✓

### Shrimp in the kidney diet

Protein is an important part of your diet and is essential for many different functions in your body. In early stages of chronic kidney disease, you'll likely be asked to limit the amount of protein you eat. As kidney disease progresses, you will need to increase the amount of protein. Meeting with a registered dietitian can help you determine the amount of animal and plant-based types of protein you should be eating.

Shrimp, a low-fat protein source and the most popular type of seafood in the United States, can be part of your low-potassium diet. A 3-ounce portion of fresh shrimp provides 17 grams of protein, 224 milligrams of potassium, and 101 milligrams of sodium. Shrimp can be served as an appetizer, as part of a main entrée, in a soup, and even as a side dish. When eating shrimp as part of your kidney diet, consider the portion size and read Nutrition Facts labels to find out if there are any additives. Shrimp with seasonings or preservatives may contain added sodium and phosphate.

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