

Honey-Ginger Shrimp with Mandarin Fried Rice

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Heart Healthy

This dish follows the American Heart Association's recommendations for living a heart-lifestyle.

Dish With
Egg Rolls

Maximum Order Quantity: 6

Tempt your family toward the dinner table with the tantalizing aroma of shrimp cooked with honey, ginger, green onion and garlic. A colorful fried rice bursting with the flavor of mandarin oranges, green onion and a touch of peanut sauce completes the meal.

Nutrition Facts Servings: 6

Honey-Ginger Shrimp

Amount/Serving	
Calories	120
Fat Cal.	45
Total Fat	5g
Sat. Fat	0.5g
Trans Fat	0g
Cholest.	135mg
Sodium	160mg
Total Carb	4g
Dietary Fiber	0g
Sugars	3g
Protein	15g
Weight Watchers® Points®	3

Fried Rice

Amount/Serving	
Calories	70
Fat Cal.	22.5
Total Fat	2.5g
Sat. Fat	1.5g
Trans Fat	0g
Cholest.	5mg
Sodium	230mg
Total Carb	10g
Dietary Fiber	0g
Sugars	2g
Protein	1g
Weight Watchers® Points®	2

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At-Home Cooking Directions

SHRIMP: Heat 2 Tbsp olive oil in a large skillet over medium-high heat. Add contents of the onion bag. Cook and stir 2-3 minutes or until onions are tender. Add the shrimp and cook 10-15 minutes or until they have turned pink and reach an internal temperature of 140°F. **RICE:** Meanwhile, bring 2 cups water to a boil. Add rice and stir. Cover and cook 15 minutes. Add contents of the mandarin oranges container and stir. Cover and let sit 5 minutes. Serve shrimp alongside fried rice.



Cook Method
Stovetop



Cook Time
20 minutes



Thawing
Instructions
Keep Frozen

Ingredients*

Shrimp, Fried Rice (long grain parboiled rice enriched with iron (ferric orthophosphate), niacin, thiamin (thiamine mononitrate) and folate (folic acid); hydrolyzed corn/soy/wheat protein; dried vegetables (carrot, peas, garlic, parsley); dried soy sauce (soybean, wheat); maltodextrin; corn syrup solids; salt; sunflower oil; autolyzed yeast extract; caramel color; disodium inosinate and disodium guanylate; modified cornstarch; dextrose; thiamine hydrochloride; natural flavor), Peanut Sauce (peanut butter (peanuts, dextrose, corn syrup, hydrogenated cottonseed and canola oil, salt), water, soy sauce (water, wheat, soybeans, salt, sodium benzoate [preservative]), white distilled vinegar, sugar, sesame seed oil, sherry wine, garlic powder, hydrolyzed wheat and soy protein, spice, salt, modified cornstarch, xanthan gum, sodium benzoate (preservative), disodium inosinate and disodium guanylate, natural flavors), Onion, Green Onion, Mandarin Oranges (whole mandarin orange segments, water, sugar), Butter, Garlic, Ginger, Honey, Canola Oil, Crushed Red Pepper. CONTAINS: Wheat, Soy, Milk, Peanuts

* Items may contain common allergens or come in contact with other allergens that are prepared in this facility. Substitutions may occur. Please contact your local store directly to verify ingredients if you have any specific questions. Nutritional Data is based on 6 servings.