

Low-Glycemic Sesame Ginger Shrimp

Succulent shrimp in a blood sugar-friendly Asian marinade with fresh ginger and garlic. Quick, flavorful, and perfect for stable glucose levels.

Prep: 30 min

Cook: 2 min

Total: 32 min

Servings: 6

GL 2.4 / GI 40

Ingredients

Choose tamari for gluten-free option low-sodium soy sauce

Reduced amount for lower glycemic impact; can substitute with monk fruit sweetener brown sugar

Healthy fat that slows glucose absorption toasted sesame oil

May help improve insulin sensitivity fresh ginger, minced

Supports cardiovascular health and glucose metabolism garlic cloves, minced

Capsaicin may boost metabolism red pepper flakes

Excellent lean protein with zero carbs large shrimp, peeled and deveined

Instructions

Step 1

Prepare the marinade by whisking together the low-sodium soy sauce, brown sugar, sesame oil, minced ginger, minced garlic, and red pepper flakes in a medium mixing bowl until the sugar dissolves completely.

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Step 2

Add the peeled and deveined shrimp to the marinade, tossing gently to ensure each piece is thoroughly coated with the flavorful mixture.

Step 3

Cover the bowl and refrigerate for 30 minutes, allowing the shrimp to absorb the aromatic flavors. Avoid marinating longer than 1 hour as the acid can begin to cook the shrimp.

Step 4

When ready to cook, spray a large nonstick skillet or sauté pan with cooking spray and place over medium-high heat until the pan is hot but not smoking.

Step 5

Remove shrimp from marinade using a slotted spoon, reserving half of the marinade liquid. Add shrimp to the hot pan in a single layer and cook undisturbed for 1 minute until the bottoms turn pink.

Step 6

Flip the shrimp and pour the reserved marinade into the pan. Continue cooking for 30-45 seconds until shrimp are opaque throughout and the marinade reduces slightly into a glaze.

Step 7

Transfer shrimp immediately to serving plates and drizzle with the pan sauce. Discard any unused marinade. Serve hot with non-starchy vegetables or cauliflower rice for a complete low-glycemic meal.