



## Asian Angel Hair Pasta

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



404 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.8 pound angel hair pasta dried
- 2 teaspoons chili oil hot
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup green onions thinly sliced
- 0.5 pound edible-pod peas
- 3 tablespoons rice vinegar
- 2 tablespoons asian sesame oil toasted ()
- 0.3 cup slivered almonds

- 0.3 cup soya sauce
- 1 tablespoon sugar

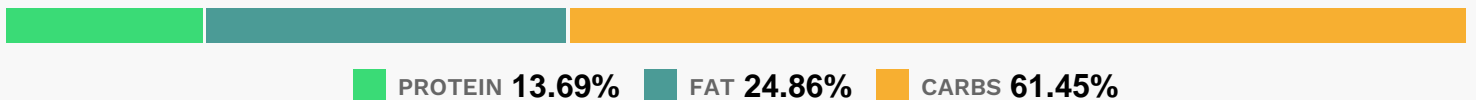
## Equipment

- bowl
- frying pan

## Directions

- In a 5- to 6-quart pan over medium heat, stir nuts often until golden, 4 to 5 minutes.
- Pour out of pan.
- Pour 2 1/2 to 3 quarts water into pan, cover, and bring to a boil over high heat.
- Meanwhile, in a wide bowl, mix soy sauce, vinegar, sesame oil, sugar, and chili oil.
- When water boils, stir in pasta. Cook, uncovered, 3 minutes. Stir in peas and shrimp. Cook until pasta is just tender to bite and shrimp are pink, 1 to 2 minutes longer.
- Drain well.
- Add pasta mixture, cilantro, and green onions to soy dressing and mix well.
- Sprinkle with nuts.

## Nutrition Facts



## Properties

Glycemic Index:59.08, Glycemic Load:24.06, Inflammation Score:-6, Nutrition Score:15.967391179956%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

## Nutrients (% of daily need)

Calories: 403.79kcal (20.19%), Fat: 11.14g (17.13%), Saturated Fat: 1.44g (9.03%), Carbohydrates: 61.94g (20.65%), Net Carbohydrates: 56.26g (20.46%), Sugar: 7.34g (8.16%), Cholesterol: 0mg (0%), Sodium: 655.8mg (28.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.8g (27.61%), Selenium: 44.23µg (63.19%), Manganese: 1.01mg (50.4%), Vitamin K: 25.87µg (24.64%), Vitamin C: 19.3mg (23.39%), Fiber: 5.68g (22.73%), Phosphorus: 221.25mg (22.13%), Magnesium: 71.55mg (17.89%), Copper: 0.35mg (17.72%), Vitamin B3: 2.79mg (13.97%), Vitamin B1: 0.2mg (13.54%), Vitamin E: 1.87mg (12.48%), Folate: 49.89µg (12.47%), Iron: 2.13mg (11.83%), Zinc: 1.76mg (11.77%), Vitamin B2: 0.19mg (10.92%), Vitamin B6: 0.21mg (10.41%), Potassium: 344.8mg (9.85%), Vitamin A: 450.89IU (9.02%), Calcium: 47.23mg (4.72%), Vitamin B5: 0.42mg (4.18%)