



Asian Noodle Salad with Shrimp

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



330 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 teaspoons sriracha
- ☐ 1 cup cucumber thinly sliced
- ☐ 3 tablespoons fish sauce (such as nam pla or nuoc nam)
- ☐ 0.5 cup cilantro leaves fresh loosely packed ()
- ☐ 0.5 cup mint leaves fresh loosely packed ()
- ☐ 4.5 tablespoons juice of lime fresh
- ☐ 1 bell pepper red thinly sliced
- ☐ 6.8 ounce vermicelli (maifun)

- ☐ 1 pound shrimp deveined cooked peeled
- ☐ 2 teaspoons sugar
- ☐ 2 cups sugar snap peas

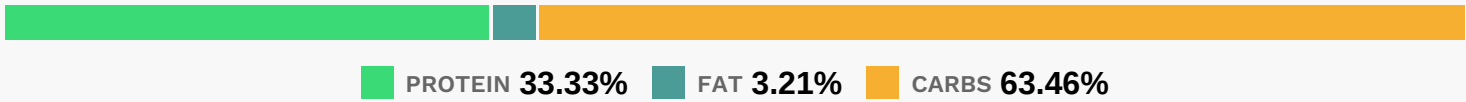
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen scissors

Directions

- ☐ Cook noodles in large saucepan ofboiling salted water until tender, stirringoccasionally, 4 to 5 minutes.
- ☐ Drain. Rinsewith cold water; drain well. Using scissors,cut noodles into thirds.
- ☐ Whisk lime juice, fish sauce, chili-garlicsauce, and sugar in small bowl until sugardissolves.
- ☐ Place shrimp in medium bowl.
- ☐ Add 2 tablespoons dressing; toss to coat.
- ☐ Divide noodles among bowls. Topwith cucumber slices and all remainingredients. Spoon shrimp with dressingover, and drizzle with remaining dressing.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:51.77, Glycemic Load:24.5, Inflammation Score:-9, Nutrition Score:18.100000137868%

Flavonoids

Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.89mg,

Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 329.67kcal (16.48%), Fat: 1.17g (1.8%), Saturated Fat: 0.24g (1.53%), Carbohydrates: 52g (17.33%), Net Carbohydrates: 48.33g (17.58%), Sugar: 7.33g (8.14%), Cholesterol: 182.57mg (60.86%), Sodium: 1534.25mg (66.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.31g (54.62%), Vitamin C: 76mg (92.12%), Vitamin A: 1872.01IU (37.44%), Phosphorus: 364.93mg (36.49%), Copper: 0.58mg (29.13%), Manganese: 0.56mg (28.1%), Magnesium: 94.75mg (23.69%), Vitamin K: 22.4µg (21.34%), Potassium: 620.81mg (17.74%), Zinc: 2.25mg (15%), Fiber: 3.67g (14.69%), Iron: 2.59mg (14.37%), Folate: 56.58µg (14.15%), Calcium: 132.19mg (13.22%), Vitamin B6: 0.26mg (12.96%), Selenium: 8.91µg (12.72%), Vitamin B1: 0.13mg (8.43%), Vitamin B2: 0.11mg (6.46%), Vitamin B5: 0.63mg (6.33%), Vitamin B3: 1.16mg (5.79%), Vitamin E: 0.76mg (5.05%), Vitamin B12: 0.06µg (1.08%)