



Asian Noodles with Asparagus and Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



334 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups diagonally cut asparagus (2-inch)
- ☐ 1 teaspoon bottled garlic minced
- ☐ 1 teaspoon bottled ginger fresh minced
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 0.7 cup less-sodium chicken broth fat-free
- ☐ 0.3 cup green onions thinly sliced
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 tablespoon peanut butter

- ☐ 2 tablespoons rice vinegar
- ☐ 1 pound shrimp deveined peeled
- ☐ 6 ounces soba uncooked (buckwheat noodles)
- ☐ 2 teaspoons sugar
- ☐ 1 tablespoon vegetable oil

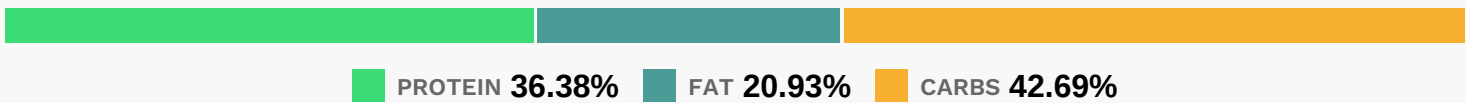
Equipment

- ☐ frying pan

Directions

- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ While the noodles cook, combine chicken broth and next 6 ingredients (broth through sesame oil), stirring well.
- ☐ Heat vegetable oil in large nonstick skillet over medium-high heat.
- ☐ Add garlic; saut 45 seconds.
- ☐ Add asparagus; saut 2 minutes.
- ☐ Add shrimp; saut 2 minutes or until shrimp are done.
- ☐ Add broth mixture and onions to pan; cook over medium heat until hot.
- ☐ Add noodles, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:73.77, Glycemic Load:15.72, Inflammation Score:-7, Nutrition Score:19.372608485429%

Flavonoids

Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.6mg, Quercetin: 16.6mg, Quercetin: 16.6mg, Quercetin: 16.6mg

Nutrients (% of daily need)

Calories: 334.08kcal (16.7%), Fat: 8.17g (12.57%), Saturated Fat: 1.46g (9.12%), Carbohydrates: 37.49g (12.5%), Net Carbohydrates: 31.37g (11.41%), Sugar: 3.95g (4.39%), Cholesterol: 182.57mg (60.86%), Sodium: 598.16mg (26.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.95g (63.89%), Copper: 1.08mg (53.9%), Phosphorus: 461.04mg (46.1%), Vitamin K: 47.16µg (44.92%), Manganese: 0.83mg (41.55%), Magnesium: 162.14mg (40.53%), Fiber: 6.12g (24.48%), Vitamin B3: 4.53mg (22.63%), Zinc: 3.12mg (20.79%), Potassium: 720.04mg (20.57%), Vitamin B2: 0.32mg (18.66%), Iron: 3.31mg (18.41%), Folate: 59.11µg (14.78%), Vitamin A: 568.94IU (11.38%), Calcium: 109.64mg (10.96%), Vitamin B1: 0.16mg (10.43%), Vitamin B6: 0.21mg (10.37%), Vitamin E: 1.48mg (9.85%), Selenium: 6.38µg (9.12%), Vitamin B5: 0.84mg (8.36%), Vitamin C: 5.38mg (6.52%), Vitamin B12: 0.08µg (1.26%)