



Asian Noodles with Shrimp and Edamame

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



452 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup cilantro and/or scallions fresh chopped
- 10 ounce edamame frozen shelled
- 1 clove garlic
- 1 piece ginger peeled roughly chopped
- 1 juice of lemon
- 4 servings kosher salt
- 2 teaspoons soya sauce low-sodium
- 1.5 teaspoons sesame oil plus more for drizzling

- 0.5 pound shrimp deveined peeled
- 10 ounces soba noodles (buckwheat)
- 1.5 teaspoons sriracha (Asian chile sauce)
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- pot
- blender

Directions

- Bring a pot of water to a boil.
- Add the noodles and cook as the label directs, adding the edamame during the last 3 minutes of cooking. Reserve 1/2 cup cooking water, then drain the noodles and edamame.
- Meanwhile, puree the garlic, ginger, Sriracha, 1/2 tablespoon vegetable oil and 2 tablespoons water in a blender.
- Mix the lime juice, soy sauce and sesame oil in a small bowl.
- Heat the remaining 1 1/2 tablespoons vegetable oil in a large skillet over medium-high heat. Pat the shrimp dry and season with salt; add to the pan and cook, turning, until just pink, 2 minutes.
- Add the Sriracha mixture and cook, stirring occasionally, until the shrimp are cooked through, about 2 more minutes.
- Add the soy sauce mixture, noodles and edamame, herbs and the reserved cooking water and toss. Divide among bowls and drizzle with more sesame oil.

Nutrition Facts



PROTEIN 24.21% **FAT 21.86%** **CARBS 53.93%**

Properties

Glycemic Index:32.38, Glycemic Load:27.88, Inflammation Score:-4, Nutrition Score:12.931739214322%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 452.11kcal (22.61%), Fat: 11.5g (17.69%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 63.85g (21.28%), Net Carbohydrates: 60.85g (22.13%), Sugar: 2.12g (2.35%), Cholesterol: 91.29mg (30.43%), Sodium: 953.19mg (41.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.66g (57.32%), Manganese: 0.97mg (48.38%), Phosphorus: 308.94mg (30.89%), Iron: 4.21mg (23.41%), Vitamin B1: 0.35mg (23.08%), Magnesium: 90.78mg (22.69%), Copper: 0.4mg (19.85%), Potassium: 683.43mg (19.53%), Vitamin K: 15.9µg (15.15%), Zinc: 2.02mg (13.46%), Calcium: 123.86mg (12.39%), Fiber: 3g (12%), Vitamin B3: 2.35mg (11.74%), Folate: 45.3µg (11.32%), Vitamin B6: 0.19mg (9.64%), Vitamin B5: 0.71mg (7.09%), Vitamin B2: 0.1mg (6.09%), Vitamin C: 3.96mg (4.8%), Vitamin E: 0.64mg (4.24%), Vitamin A: 73.73IU (1.47%)