



Asian Shrimp and Noodle Salad

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



275 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 oz vermicelli uncooked
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1.5 teaspoons fish sauce
- ☐ 4.5 teaspoons creamy peanut butter
- ☐ 2 teaspoons sugar
- ☐ 2 teaspoons ginger grated
- ☐ 2 teaspoons soy sauce reduced-sodium
- ☐ 2 teaspoons sesame oil dark

- ☐ 2 cloves garlic finely chopped
- ☐ 5 cups cabbage chinese thinly sliced (napa)
- ☐ 0.8 lb shrimp deveined cooked peeled
- ☐ 1.5 cups snow peas fresh
- ☐ 1 serving spring onion thinly sliced
- ☐ 1 serving cilantro leaves fresh chopped

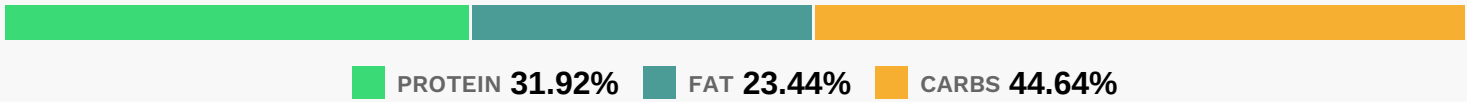
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook noodles in boiling water 2 to 3 minutes; drain and rinse with cold water.
- ☐ Drain well.
- ☐ Meanwhile, in small bowl, stir lime juice, fish sauce, peanut butter, sugar, gingerroot, soy sauce, oil and garlic with whisk until smooth; set aside.
- ☐ In large bowl, stir together noodles, cabbage, shrimp and pea pods.
- ☐ Add dressing; toss well.
- ☐ Sprinkle individual servings with onions and cilantro.

Nutrition Facts



Properties

Glycemic Index:73.77, Glycemic Load:13.14, Inflammation Score:-7, Nutrition Score:17.167825789555%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg

0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg
Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 274.65kcal (13.73%), Fat: 7.35g (11.31%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 31.5g (10.5%), Net
Carbohydrates: 27.43g (9.98%), Sugar: 7.56g (8.4%), Cholesterol: 136.93mg (45.64%), Sodium: 463.24mg (20.14%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.53g (45.06%), Vitamin K: 79.26µg (75.49%), Vitamin C:
58.27mg (70.63%), Phosphorus: 296.36mg (29.64%), Manganese: 0.54mg (27.17%), Copper: 0.45mg (22.31%),
Magnesium: 74.52mg (18.63%), Folate: 65.94µg (16.49%), Fiber: 4.07g (16.28%), Potassium: 546.83mg (15.62%),
Vitamin B6: 0.25mg (12.44%), Zinc: 1.84mg (12.28%), Calcium: 120.75mg (12.08%), Iron: 2.04mg (11.33%), Vitamin A:
507.89IU (10.16%), Vitamin B1: 0.14mg (9.05%), Vitamin B3: 1.79mg (8.96%), Vitamin E: 1.17mg (7.8%), Selenium:
4.57µg (6.53%), Vitamin B5: 0.6mg (6.04%), Vitamin B2: 0.1mg (5.75%)