



Asian Shrimp and Vermicelli Salad

 Dairy Free

READY IN



19 min.

SERVINGS



4

CALORIES



421 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup cider vinegar
- ☐ 1.5 teaspoons cornstarch
- ☐ 0.3 cup brown sugar dark packed
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1 bell pepper red seeded cut into thin strips
- ☐ 7 ounce vermicelli uncooked

- ☐ 1 pound shrimp deveined peeled
- ☐ 16 ounce sugar snap peas frozen ()

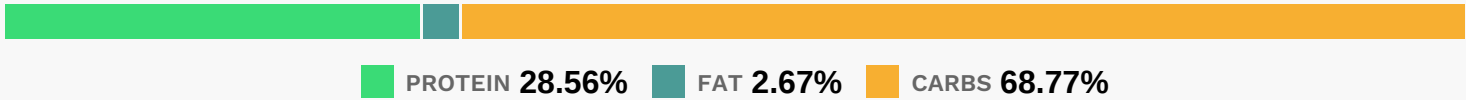
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ colander

Directions

- ☐ Combine first 4 ingredients in a small saucepan, stirring until smooth. Bring to a boil over high heat, and cook, stirring constantly, 30 seconds or until thickened. Cool completely.
- ☐ Cook pasta in boiling water 5 minutes, omitting salt and fat. Stir in shrimp, and cook 2 minutes or until shrimp are done.
- ☐ Place shrimp mixture in a colander; add peas, and rinse with cold water.
- ☐ Drain well.
- ☐ Place shrimp mixture in a large bowl. Stir soy sauce mixture, bell pepper, 1 tablespoon soy sauce, and ginger into shrimp mixture; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:23.96, Inflammation Score:-9, Nutrition Score:21.326086790665%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 421.21kcal (21.06%), Fat: 1.24g (1.91%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 71.8g (23.93%), Net Carbohydrates: 67.27g (24.46%), Sugar: 23.77g (26.41%), Cholesterol: 182.57mg (60.86%), Sodium: 955.04mg (41.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.82g (59.63%), Vitamin C: 106.17mg (128.69%),

Vitamin A: 2164.11IU (43.28%), Phosphorus: 422.27mg (42.23%), Manganese: 0.74mg (37.15%), Copper: 0.6mg (29.97%), Vitamin K: 29.81µg (28.39%), Magnesium: 93.28mg (23.32%), Iron: 3.87mg (21.51%), Potassium: 717.1mg (20.49%), Fiber: 4.53g (18.13%), Folate: 71.87µg (17.97%), Zinc: 2.44mg (16.28%), Vitamin B6: 0.32mg (15.82%), Calcium: 155.12mg (15.51%), Vitamin B1: 0.21mg (13.98%), Selenium: 8.68µg (12.4%), Vitamin B5: 1.06mg (10.6%), Vitamin B2: 0.17mg (10.15%), Vitamin B3: 1.34mg (6.68%), Vitamin E: 1mg (6.64%)