



Cold Peanut Noodles with Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



417 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup matchstick-cut carrots
- ☐ 1.5 cups julienne-cut bell pepper red
- ☐ 1 teaspoon chile paste with garlic
- ☐ 2 tablespoons creamy peanut butter
- ☐ 1 tablespoon sesame oil dark
- ☐ 0.5 cup dry-roasted peanuts chopped
- ☐ 12 ounces extra wide egg noodles fresh chinese
- ☐ 1 tablespoon basil fresh chopped

- ☐ 1 garlic clove minced
- ☐ 0.5 cup green onions divided thinly sliced
- ☐ 1 teaspoon bottled ground ginger fresh
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 2 tablespoons rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 8 ounces shrimp deveined peeled

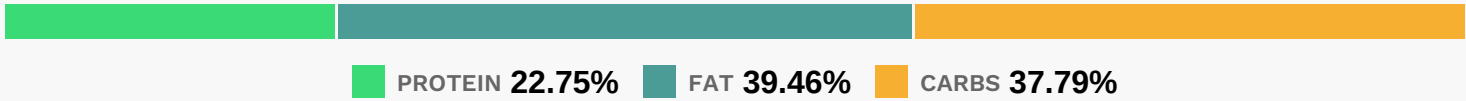
Equipment

- ☐ bowl
- ☐ colander

Directions

- ☐ Combine first 9 ingredients in a large bowl; set aside.
- ☐ Cook noodles in boiling water 1 minute.
- ☐ Add carrots and shrimp; cook 2 minutes or until shrimp are done.
- ☐ Drain in a colander over a bowl, reserving cooking liquid. Rinse noodle mixture under cold water; drain.
- ☐ Add noodle mixture, bell pepper, and 1/4 cup onions to peanut butter mixture, tossing to combine.
- ☐ Add enough of reserved cooking liquid to keep sauce creamy.
- ☐ Sprinkle with remaining 1/4 cup onions and peanuts.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:1.16, Inflammation Score:-10, Nutrition Score:22.489565227343%

Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 417.08kcal (20.85%), Fat: 18.82g (28.95%), Saturated Fat: 3.65g (22.83%), Carbohydrates: 40.54g (13.51%), Net Carbohydrates: 34.24g (12.45%), Sugar: 6.03g (6.7%), Cholesterol: 91.29mg (30.43%), Sodium: 788.63mg (34.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.41g (48.82%), Vitamin A: 6315.95IU (126.32%), Vitamin C: 75.23mg (91.19%), Manganese: 0.92mg (46.01%), Vitamin K: 34.23µg (32.6%), Phosphorus: 263.71mg (26.37%), Fiber: 6.29g (25.17%), Vitamin B3: 4.75mg (23.74%), Copper: 0.44mg (22.03%), Magnesium: 83.76mg (20.94%), Iron: 3.51mg (19.5%), Folate: 76.29µg (19.07%), Potassium: 608.72mg (17.39%), Vitamin B6: 0.31mg (15.7%), Vitamin E: 1.77mg (11.8%), Zinc: 1.67mg (11.12%), Calcium: 87.64mg (8.76%), Vitamin B1: 0.12mg (8.12%), Vitamin B2: 0.12mg (7.17%), Vitamin B5: 0.69mg (6.87%), Selenium: 2.6µg (3.71%)