



Fresh Shrimp and Carrot Salad with Quick Thai Salad Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces brown rice noodles uncooked
- ☐ 3 cups carrots shredded
- ☐ 0.5 cup dry-roasted peanuts unsalted
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.3 cup juice of lime
- ☐ 0.1 teaspoon chile pepper red crushed
- ☐ 0.3 cup rice vinegar

- ☐ 0.5 cup shallots sliced
- ☐ 0.5 pound shrimp with tails removed deveined cooked peeled

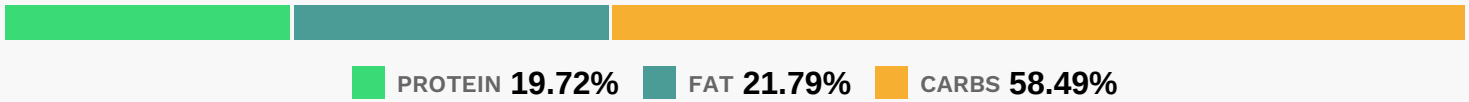
Equipment

- ☐ bowl

Directions

- ☐ Cook noodles according to package directions. Rinse until cool, then drain and place in a large bowl. In a separate large bowl, combine lime juice, vinegar and crushed red pepper to make a dressing. Toss noodles with 2 tablespoons of dressing. Toss remaining dressing with shrimp, carrots, peanuts, shallots and mint.
- ☐ Serve shrimp mixture over rice noodles.

Nutrition Facts



Properties

Glycemic Index:39.22, Glycemic Load:19.99, Inflammation Score:-10, Nutrition Score:12.926087078841%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 285.2kcal (14.26%), Fat: 7.12g (10.95%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 42.97g (14.32%), Net Carbohydrates: 36.58g (13.3%), Sugar: 6.03g (6.7%), Cholesterol: 60.86mg (20.29%), Sodium: 100.18mg (4.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.49g (28.98%), Vitamin A: 10804.86IU (216.1%), Fiber: 6.39g (25.54%), Manganese: 0.45mg (22.61%), Phosphorus: 162.99mg (16.3%), Potassium: 474.15mg (13.55%), Copper: 0.26mg (12.89%), Magnesium: 49.64mg (12.41%), Vitamin B3: 2.48mg (12.39%), Vitamin C: 9.32mg (11.3%), Vitamin B6: 0.22mg (11.03%), Folate: 34.55µg (8.64%), Vitamin K: 8.68µg (8.27%), Zinc: 1.11mg (7.42%), Vitamin E: 1.05mg (7.02%), Calcium: 67.8mg (6.78%), Iron: 0.96mg (5.32%), Vitamin B1: 0.08mg (5.15%), Vitamin B2: 0.07mg (4.31%), Vitamin B5: 0.42mg (4.23%), Selenium: 1.5µg (2.14%)