



Fried Noodles with Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons asian garlic-chili sauce
- 2 large eggs lightly beaten
- 2 tablespoons fish sauce
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic cloves minced
- 2 green onions chopped
- 2 tablespoons peanuts chopped
- 8 ounce thai rice noodles

- 1.5 pounds shrimp fresh uncooked
- 2 tablespoons sugar
- 0.3 cup vegetable oil

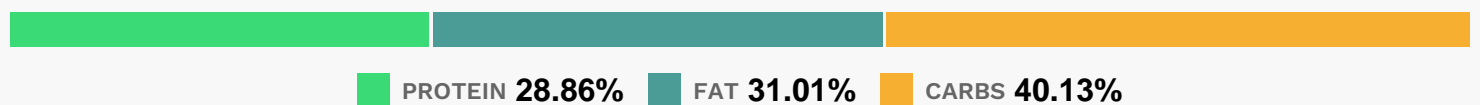
Equipment

- frying pan

Directions

- Peel and devein shrimp, if desired, and set aside.
- Cook noodles in boiling water 3 to 4 minutes; drain.
- Saute garlic in hot vegetable oil in a large nonstick skillet over medium heat 2 minutes.
- Add shrimp, and cook 2 minutes or just until shrimp turn pink.
- Add beaten egg to shrimp mixture in skillet. Cook shrimp mixture over medium heat, without stirring, until egg begins to set. Stir until cooked, breaking up egg.
- Add sugar, fish sauce, and garlic-chili sauce, stirring until blended.
- Add noodles, and cook 1 minute or until thoroughly heated.
- Sprinkle with onions, peanuts, and cilantro. Squeeze lime wedges over noodles, if desired.
- *Thai rice noodles may be found in the Asian sections of larger grocery stores or at Asian markets.

Nutrition Facts



Properties

Glycemic Index:39.39, Glycemic Load:20.88, Inflammation Score:-2, Nutrition Score:9.9747826223788%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 384.1kcal (19.21%), Fat: 13.14g (20.22%), Saturated Fat: 2.34g (14.6%), Carbohydrates: 38.27g (12.76%), Net Carbohydrates: 36.98g (13.45%), Sugar: 5.36g (5.96%), Cholesterol: 244.57mg (81.52%), Sodium: 978.7mg (42.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.52g (55.04%), Phosphorus: 350.19mg (35.02%), Copper: 0.53mg (26.3%), Vitamin K: 27.12µg (25.83%), Manganese: 0.36mg (17.92%), Selenium: 11.81µg (16.87%), Magnesium: 64.22mg (16.05%), Zinc: 2.13mg (14.19%), Potassium: 394.39mg (11.27%), Calcium: 100mg (10%), Iron: 1.41mg (7.86%), Vitamin E: 0.96mg (6.38%), Folate: 23.03µg (5.76%), Vitamin B2: 0.1mg (5.69%), Fiber: 1.29g (5.18%), Vitamin B6: 0.09mg (4.26%), Vitamin B3: 0.8mg (4%), Vitamin B5: 0.35mg (3.54%), Vitamin A: 175.68IU (3.51%), Vitamin B1: 0.05mg (3.08%), Vitamin B12: 0.18µg (2.95%), Vitamin D: 0.33µg (2.22%), Vitamin C: 1.27mg (1.54%)