



## Glass-Noodle Salad with Chicken and Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



291 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 2 ounces bean threads uncooked (cellophane noodles)
- ☐ 1 teaspoon bird chile minced
- ☐ 2 teaspoons bird chile minced
- ☐ 0.3 cup celery thinly sliced
- ☐ 2 tablespoons cider vinegar
- ☐ 1 tablespoon cilantro stems fresh minced
- ☐ 2 tablespoons cilantro stems fresh minced
- ☐ 6 ounces chicken breast cooked cut into 1/4-inch strips

- ☐ 2 tablespoons dry-roasted peanuts chopped
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons brown sugar light
- ☐ 0.5 cup juice of lime fresh
- ☐ 0.5 cup onion thinly sliced
- ☐ 2 cups torn romaine lettuce
- ☐ 0.5 pound shrimp cooked peeled chopped
- ☐ 0.5 cup sugar
- ☐ 0.3 cup thai fish sauce
- ☐ 1 cup tomatoes chopped

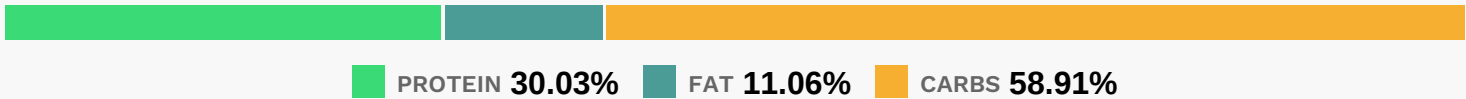
## Equipment

- ☐ bowl
- ☐ sauce pan

## Directions

- ☐ To prepare the dressing, combine the first 4 ingredients in a small saucepan. Bring to a boil, and cook for 2 minutes or until the sugar dissolves. Cool; stir in the lime juice, 1 tablespoon cilantro, 1 teaspoon chile, and garlic.
- ☐ To prepare the salad, cook noodles in boiling water 1 1/2 minutes; drain. Rinse under cold water.
- ☐ Drain. Coarsely chop noodles.
- ☐ Combine noodles, shrimp, and next 5 ingredients (shrimp through celery) in a large bowl.
- ☐ Drizzle the dressing over the salad; toss gently to coat.
- ☐ Sprinkle with peanuts, 2 tablespoons cilantro, and 2 teaspoons chile.

## Nutrition Facts



## Properties

Glycemic Index:60.22, Glycemic Load:14.71, Inflammation Score:-9, Nutrition Score:12.647391432653%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 290.62kcal (14.53%), Fat: 3.65g (5.61%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 43.72g (14.57%), Net Carbohydrates: 42.01g (15.28%), Sugar: 29.63g (32.92%), Cholesterol: 101.94mg (33.98%), Sodium: 1020.56mg (44.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.29g (44.57%), Vitamin A: 1964.4IU (39.29%), Vitamin B3: 5.9mg (29.48%), Vitamin K: 24.8µg (23.62%), Phosphorus: 219.27mg (21.93%), Vitamin B6: 0.35mg (17.7%), Vitamin C: 14.34mg (17.38%), Selenium: 12.15µg (17.36%), Magnesium: 64.71mg (16.18%), Copper: 0.29mg (14.32%), Manganese: 0.28mg (14.1%), Potassium: 480.34mg (13.72%), Folate: 50.98µg (12.75%), Zinc: 1.26mg (8.43%), Iron: 1.45mg (8.04%), Calcium: 72.88mg (7.29%), Fiber: 1.71g (6.82%), Vitamin B1: 0.1mg (6.42%), Vitamin B5: 0.55mg (5.45%), Vitamin B2: 0.08mg (4.98%), Vitamin B12: 0.17µg (2.86%), Vitamin E: 0.38mg (2.54%)