



Glass Noodle Salad with Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



136 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounces angel hair pasta dried (saifun)
- ☐ 1 tablespoon asian fish sauce or
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 cup pickled garlic homemade chopped (purchased or)
- ☐ 3 tablespoons liquid from pickled garlic
- ☐ 2 tablespoons green onion chopped
- ☐ 3 tablespoons juice of lime
- ☐ 0.5 cup slivered onion red

- ☐ 5 oz baby salad mix rinsed
- ☐ 6 ounces tiny shrimp shelled rinsed cooked
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup bell pepper red yellow
- ☐ 6 ounces boned

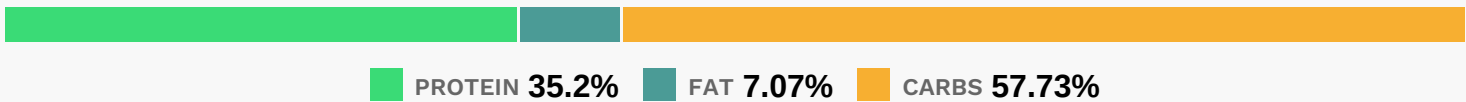
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 3- to 4-quart pan over high heat, bring 1 1/2 to 2 quarts water to a boil. Meanwhile, rinse chicken; chop into 1/4-inch pieces.
- ☐ Add bean threads or angel hair pasta to boiling water and stir to separate; cook until barely tender to bite, 3 to 4 minutes. Stir in chicken and cook just until chicken is white in center of thickest part (cut to test) and noodles are tender, about 1 minute.
- ☐ Drain noodles and chicken; rinse with cold water and drain thoroughly.
- ☐ In a bowl, combine noodle mixture with shrimp, red onion, pickled garlic, bell pepper, cilantro, and green onion. In a small bowl, mix liquid from pickled garlic, lime juice, sugar, and fish sauce to taste.
- ☐ Just before serving, combine dressing with noodle mixture. Divide arugula equally among dinner plates, or arrange all on a large platter. Mound glass noodle salad on or next to greens.
- ☐ Drizzle any remaining dressing left in bowl over arugula.

Nutrition Facts



Properties

Glycemic Index:36.89, Glycemic Load:7.76, Inflammation Score:-6, Nutrition Score:9.5491303937591%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg Kaempferol: 6.3mg, Kaempferol: 6.3mg, Kaempferol: 6.3mg, Kaempferol: 6.3mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 135.97kcal (6.8%), Fat: 1.08g (1.67%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 19.92g (6.64%), Net Carbohydrates: 18.67g (6.79%), Sugar: 4.49g (4.99%), Cholesterol: 47.84mg (15.95%), Sodium: 235.1mg (10.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.15g (24.3%), Selenium: 17.75µg (25.36%), Vitamin K: 23.05µg (21.96%), Vitamin C: 17.79mg (21.57%), Manganese: 0.42mg (20.84%), Vitamin B6: 0.37mg (18.34%), Phosphorus: 149.32mg (14.93%), Vitamin B3: 2.72mg (13.58%), Copper: 0.19mg (9.54%), Magnesium: 37.96mg (9.49%), Vitamin A: 462.17IU (9.24%), Potassium: 320.16mg (9.15%), Calcium: 72.56mg (7.26%), Folate: 26.78µg (6.69%), Zinc: 0.87mg (5.77%), Vitamin B5: 0.54mg (5.41%), Iron: 0.92mg (5.1%), Fiber: 1.25g (5.02%), Vitamin B1: 0.07mg (4.38%), Vitamin B2: 0.07mg (3.86%), Vitamin E: 0.17mg (1.11%)