



Grilled Shrimp and Noodle Salad

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



605 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 medium bunch asparagus trimmed
- 1 medium carrots shredded
- 1 teaspoons asian chili sauce (such as Sriracha)
- 1 pound medium-large shrimp deveined peeled
- 0.3 cup fish sauce
- 0.5 cup cilantro leaves fresh
- 2 cloves garlic finely chopped
- 0.5 cup brown sugar light packed

- 0.5 cup juice of lime fresh
- 14 ounces flat rice noodles
- 5 ounces mushroom caps trimmed

Equipment

- bowl
- whisk
- pot
- grill
- grill pan

Directions

- Bring a large pot of water to a boil.
- Add the noodles and cook as the label directs; drain and rinse with cold water.
- Meanwhile, whisk the lime juice, fish sauce, brown sugar, garlic, chili sauce and 1/3 cup water in a medium bowl.
- Transfer 1/4 cup of the marinade to another bowl and toss with the shrimp. Toss another 1/4 cup marinade with the asparagus and mushrooms in a third bowl.
- Let the shrimp and vegetables marinate 10 minutes at room temperature. Toss the noodles with the remaining marinade.
- Heat a grill or grill pan to medium-high. Grill the shrimp, asparagus and mushrooms until the shrimp is just cooked through and the asparagus is slightly tender, 2 to 3 minutes per side. Halve the mushrooms and cut the asparagus into pieces.
- Divide the noodles among bowls and top with the shrimp, asparagus, mushrooms, carrot and cilantro.
- Photograph by Antonis Achilleos

Nutrition Facts



PROTEIN 15.59% **FAT 3.11%** **CARBS 81.3%**

Properties

Glycemic Index:57.71, Glycemic Load:48.74, Inflammation Score:-10, Nutrition Score:28.495651794517%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 17mg, Quercetin: 17mg, Quercetin: 17mg, Quercetin: 17mg

Nutrients (% of daily need)

Calories: 605.16kcal (30.26%), Fat: 2.09g (3.22%), Saturated Fat: 0.34g (2.11%), Carbohydrates: 122.9g (40.97%), Net Carbohydrates: 117.4g (42.69%), Sugar: 31.77g (35.3%), Cholesterol: 142.88mg (47.63%), Sodium: 2382.28mg (103.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.56g (47.13%), Selenium: 55.54µg (79.34%), Vitamin A: 3763.32IU (75.27%), Phosphorus: 542.62mg (54.26%), Vitamin K: 55.63µg (52.98%), Manganese: 0.91mg (45.49%), Copper: 0.6mg (29.75%), Vitamin B6: 0.55mg (27.38%), Vitamin B3: 5.43mg (27.16%), Folate: 105.08µg (26.27%), Magnesium: 101.3mg (25.32%), Vitamin B12: 1.35µg (22.53%), Iron: 3.98mg (22.09%), Fiber: 5.5g (22.01%), Vitamin C: 17.58mg (21.31%), Vitamin E: 3.01mg (20.07%), Potassium: 690.39mg (19.73%), Zinc: 2.94mg (19.63%), Vitamin B2: 0.3mg (17.62%), Vitamin B1: 0.25mg (16.34%), Calcium: 151.51mg (15.15%), Vitamin B5: 1.4mg (14%), Vitamin D: 0.26µg (1.7%)