



Grilled Shrimp and Rice Noodle Salad

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



655 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon anchovy paste
- ☐ 2 carrots shredded
- ☐ 16 cherry tomatoes
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 3 tablespoons honey
- ☐ 0.3 cup juice of lime

- ☐ 1 teaspoon lime zest grated
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 1 cup napa cabbage shredded
- ☐ 1.5 cups peaches fresh diced
- ☐ 0.3 teaspoon pepper sauce hot
- ☐ 16 ounce rice stick noodles dry
- ☐ 1 tablespoon sesame oil
- ☐ 1 pound shrimp deveined uncooked peeled
- ☐ 6 skewers
- ☐ 6 skewers

Equipment

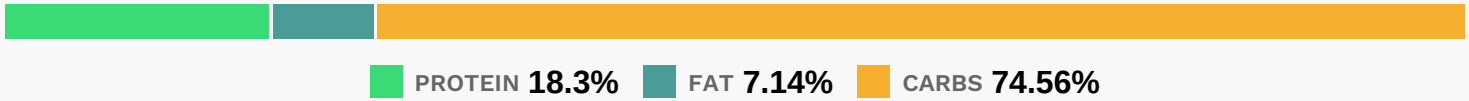
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ skewers

Directions

- ☐ Preheat grill for medium heat and lightly oil the grate.
- ☐ Combine shrimp, 1 tablespoon soy sauce, and lime zest in a bowl. Allow shrimp to marinate at room temperature while preparing remaining ingredients.
- ☐ Bring a large pot of water to a boil.
- ☐ Add rice stick noodles to boiling water and remove from heat. Cook until noodles have cooked through, but are still firm to the bite, 3 to 5 minutes. Rinse with cold water until chilled; drain well.
- ☐ Whisk lime juice, remaining 3 tablespoons soy sauce, honey, sesame oil, remaining 1 teaspoon lime zest, anchovy paste, and hot pepper sauce in a large bowl.
- ☐ Add peaches, cabbage, carrots, cilantro, basil, and garlic and toss to coat. Stir rice noodles into vegetable mixture until combined; set aside.

- ☐
- Thread about 8 shrimp on 4 wooden skewer by piercing shrimp through the tail and the upper body. Pierce cherry tomatoes onto remaining 2 skewers.
- ☐
- Place shrimp and tomato skewers on preheated grill. Cook tomatoes until they begin to split, about 3 minutes per side; transfer to a platter. Continue to cook shrimp until they are bright pink on the outside and is no longer transparent in the center, 2 to 3 minutes more.
- ☐
- Remove tomatoes and shrimp from skewers.
- ☐
- Transfer noodle salad to a large platter. Surround salad with tomatoes and shrimp; drizzle any remaining lime dressing over shrimp.

Nutrition Facts



Properties

Glycemic Index:98.34, Glycemic Load:63.72, Inflammation Score:-10, Nutrition Score:21.016521690332%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 655.09kcal (32.75%), Fat: 5.2g (7.99%), Saturated Fat: 0.85g (5.3%), Carbohydrates: 122.03g (40.68%), Net Carbohydrates: 117.52g (42.74%), Sugar: 21.54g (23.93%), Cholesterol: 183.21mg (61.07%), Sodium: 846.9mg (36.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.94g (59.89%), Vitamin A: 5805.42IU (116.11%), Phosphorus: 492.11mg (49.21%), Manganese: 0.9mg (44.82%), Vitamin C: 30.67mg (37.17%), Copper: 0.68mg (33.88%), Selenium: 19.76µg (28.23%), Vitamin K: 23.76µg (22.62%), Potassium: 782.16mg (22.35%), Magnesium: 81.81mg (20.45%), Zinc: 2.89mg (19.3%), Fiber: 4.5g (18.02%), Iron: 2.55mg (14.16%), Calcium: 141.21mg (14.12%), Folate: 45.12µg (11.28%), Vitamin B6: 0.22mg (11.19%), Vitamin B3: 1.81mg (9.06%), Vitamin E: 1.22mg (8.12%), Vitamin B1: 0.11mg (7.64%), Vitamin B2: 0.12mg (7.26%), Vitamin B5: 0.43mg (4.3%)