



Japanese Shrimp and Soba Noodles

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



373 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces soba noodles uncooked (buckwheat)
- ☐ 1 tablespoon vegetable oil
- ☐ 1 pound shrimp deveined uncooked peeled
- ☐ 2 cloves garlic finely chopped
- ☐ 1 tablespoon ginger finely chopped
- ☐ 1.5 cups baby carrots
- ☐ 8 ounces green beans cut in half
- ☐ 1.8 cups chicken broth (from 32-ounce carton)

- ☐ 2 tablespoons soya sauce
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon cornstarch

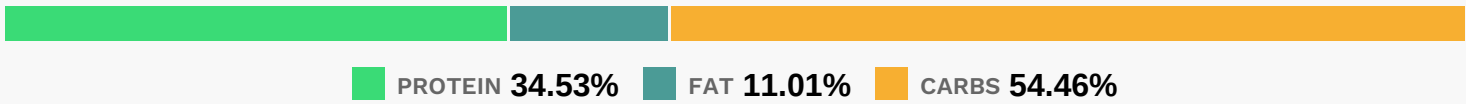
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook and drain noodles as directed on package.
- ☐ Meanwhile, heat 12-inch nonstick skillet over medium-high heat.
- ☐ Add oil; rotate skillet to coat bottom.
- ☐ Add shrimp, garlic and gingerroot; cook and stir about 3 minutes or until shrimp are pink and firm.
- ☐ Remove from skillet.
- ☐ Add carrots, green beans, 1 cup of the broth, the soy sauce and sugar to skillet.
- ☐ Heat to boiling. Cover and cook over medium heat 4 to 6 minutes, stirring occasionally, until vegetables are crisp-tender.
- ☐ Stir in shrimp and lemon juice.
- ☐ Mix cornstarch and remaining broth until smooth; stir into shrimp mixture.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute. Divide noodles among bowls. Top with shrimp mixture.

Nutrition Facts



Properties

Glycemic Index:57.15, Glycemic Load:24.27, Inflammation Score:-10, Nutrition Score:21.521304352128%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 373.11kcal (18.66%), Fat: 4.83g (7.42%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 53.69g (17.9%), Net Carbohydrates: 50.61g (18.4%), Sugar: 5.87g (6.52%), Cholesterol: 184.63mg (61.54%), Sodium: 1509.59mg (65.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.04g (68.07%), Vitamin A: 7012.84IU (140.26%), Manganese: 1.09mg (54.32%), Phosphorus: 440.74mg (44.07%), Copper: 0.7mg (34.89%), Vitamin K: 35.17µg (33.5%), Magnesium: 118.52mg (29.63%), Vitamin B1: 0.36mg (24.29%), Potassium: 730.41mg (20.87%), Iron: 3.46mg (19.22%), Zinc: 2.84mg (18.95%), Folate: 68.3µg (17.07%), Vitamin B3: 3.11mg (15.55%), Vitamin B6: 0.31mg (15.38%), Calcium: 137.91mg (13.79%), Vitamin B2: 0.23mg (13.37%), Vitamin C: 10.17mg (12.33%), Fiber: 3.08g (12.31%), Vitamin B5: 0.92mg (9.21%), Vitamin E: 0.56mg (3.75%), Selenium: 1.5µg (2.15%)