



Lemongrass Shrimp over Rice Vermicelli and Vegetables (Bun Tom Nuong Xa)

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



440 kcal

Ingredients

- ☐ 3.5 cups boston lettuce shredded divided
- ☐ 0.8 cup carrots shredded
- ☐ 1.8 cups carrots shredded divided
- ☐ 1.5 cups cucumber divided halved lengthwise seeded thinly sliced
- ☐ 0.5 cup dry-roasted peanuts unsalted finely chopped
- ☐ 2 cups bean sprouts fresh divided
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 2 garlic cloves minced

- ☐ 2 tablespoons lemongrass fresh peeled finely chopped
- ☐ 1 cup juice of lime fresh (9 medium limes)
- ☐ 8 ounces vermicelli (banh hoai or bun giang tay)
- ☐ 0.8 cup shallots thinly sliced
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 2 thai chiles red minced seeded
- ☐ 0.3 cup thai fish sauce (such as Three Crabs)
- ☐ 0.3 cup thai fish sauce (such as Three Crabs)
- ☐ 0.3 cup vegetable oil
- ☐ 1 tablespoon vegetable oil

Equipment

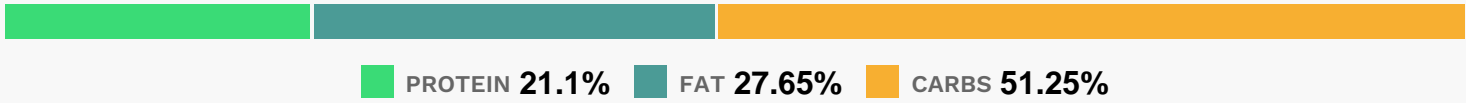
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ To prepare shrimp, combine first 6 ingredients in a large zip-top plastic bag; seal. Marinate in refrigerator 1 hour, turning occasionally.
- ☐ Remove shrimp from bag; discard marinade.
- ☐ To prepare sauce, combine the lime juice and next 5 ingredients (through chiles), stirring with a whisk until the sugar dissolves. Set aside.
- ☐ To prepare shallot oil, heat 1/4 cup oil in a small saucepan over medium heat.

- ☐ Add shallots; cook 5 minutes or until golden brown. Strain the shallot mixture through a sieve over a bowl. Reserve oil. Set fried shallots aside.
- ☐ To prepare remaining ingredients, place rice vermicelli in a large bowl; cover with boiling water.
- ☐ Let stand 20 minutes.
- ☐ Drain.
- ☐ Combine the noodles, shallot oil, 1 3/4 cups lettuce, 1 cup sprouts, 1 cup carrot, and 3/4 cup cucumber, tossing well.
- ☐ To cook shrimp, prepare the grill to medium-high heat.
- ☐ Place shrimp on grill rack coated with cooking spray; grill 2 1/2 minutes on each side or until done.
- ☐ Place 3/4 cup noodle mixture in each of 8 bowls; top each serving with 4 shrimp, about 3 tablespoons of sauce, and about 1 tablespoon fried shallots.
- ☐ Serve with remaining lettuce, bean sprouts, carrot, cucumber, mint, and peanuts.

Nutrition Facts



Properties

Glycemic Index:45.86, Glycemic Load:28.81, Inflammation Score:-10, Nutrition Score:20.386086987412%

Flavonoids

Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg Hesperetin: 3mg, Hesperetin: 3mg, Hesperetin: 3mg, Hesperetin: 3mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 439.87kcal (21.99%), Fat: 13.95g (21.47%), Saturated Fat: 2.17g (13.54%), Carbohydrates: 58.21g (19.4%), Net Carbohydrates: 53.86g (19.59%), Sugar: 25.15g (27.94%), Cholesterol: 136.93mg (45.64%), Sodium: 1555.61mg (67.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.96g (47.92%), Vitamin A: 7576.82IU (151.54%), Vitamin K: 54.17µg (51.59%), Manganese: 0.77mg (38.53%), Phosphorus: 324.72mg (32.47%), Copper: 0.55mg (27.52%), Magnesium: 104.65mg (26.16%), Vitamin C: 21.31mg (25.83%), Potassium: 745.73mg (21.31%), Folate:

78.8µg (19.7%), Fiber: 4.35g (17.41%), Vitamin B6: 0.31mg (15.37%), Zinc: 2.04mg (13.6%), Vitamin B3: 2.65mg (13.26%), Calcium: 125.43mg (12.54%), Iron: 2.23mg (12.41%), Selenium: 7.38µg (10.55%), Vitamin B1: 0.13mg (8.96%), Vitamin E: 1.11mg (7.43%), Vitamin B2: 0.12mg (7.1%), Vitamin B5: 0.58mg (5.79%), Vitamin B12: 0.08µg (1.35%)