

Longevity Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup carrots diagonally sliced
- ☐ 4 cups pasta like spaghetti whole-wheat hot cooked uncooked (8 ounces pasta)
- ☐ 0.5 teaspoon cornstarch
- ☐ 1 tablespoon cooking wine dry white
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 2.5 tablespoons green onions minced
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 0.3 teaspoon salt

- ☐ 2 cups shiitake mushroom caps fresh sliced
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 2 tablespoons vegetable oil
- ☐ 1 teaspoon pepper white
- ☐ 1 tablespoon citrus champagne vinegar

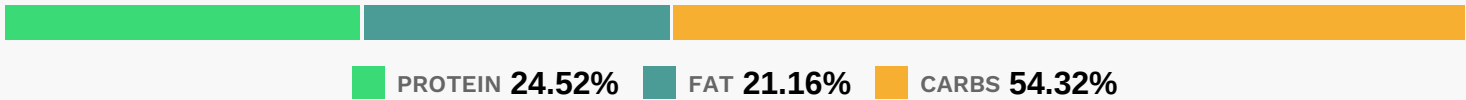
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Combine first 5 ingredients in a large zip-top plastic bag; add shrimp to bag. Seal bag, and marinate shrimp in refrigerator 15 minutes.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add shrimp mixture, and saut 3 minutes.
- ☐ Add mushrooms and carrot; stir-fry 2 minutes. Stir in pasta, vinegar, and salt, and cook for 2 minutes or until thoroughly heated.
- ☐ Sprinkle with onions.
- ☐ Garnish with shiitake mushroom and radish, if desired.

Nutrition Facts



Properties

Glycemic Index:49.71, Glycemic Load:20.55, Inflammation Score:-10, Nutrition Score:26.828261105911%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 343.55kcal (17.18%), Fat: 8.51g (13.09%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 49.16g (16.39%), Net Carbohydrates: 38.87g (14.13%), Sugar: 5.48g (6.09%), Cholesterol: 91.29mg (30.43%), Sodium: 394.46mg (17.15%), Alcohol: 0.39g (100%), Alcohol %: 0.13% (100%), Protein: 22.18g (44.37%), Manganese: 2.31mg (115.36%), Vitamin A: 5387.51IU (107.75%), Selenium: 42.81µg (61.15%), Fiber: 10.29g (41.16%), Phosphorus: 393.78mg (39.38%), Copper: 0.64mg (32.09%), Vitamin B3: 5.76mg (28.8%), Vitamin B6: 0.5mg (24.89%), Vitamin K: 25.49µg (24.27%), Vitamin B5: 2.39mg (23.87%), Magnesium: 93mg (23.25%), Zinc: 3.19mg (21.29%), Vitamin B2: 0.34mg (20.04%), Potassium: 688.24mg (19.66%), Iron: 2.55mg (14.18%), Vitamin B1: 0.19mg (12.89%), Vitamin E: 1.23mg (8.17%), Folate: 32.07µg (8.02%), Calcium: 76.07mg (7.61%), Vitamin C: 2.74mg (3.32%), Vitamin D: 0.45µg (3.01%)