



Noodle Salad with Shrimp and Chile Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



188 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 ounces bean thread vermicelli dried
- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon chile paste
- ☐ 0.5 cup cilantro sprigs
- ☐ 4 teaspoons dry-roasted peanuts unsalted finely chopped
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.3 cup lemon grass fresh peeled sliced
- ☐ 0.3 cup juice of lime fresh (2 limes)

- ☐ 0.5 cup torn mint leaves
- ☐ 4 romaine lettuce leaves
- ☐ 1 serrano chile red hot seeded chopped
- ☐ 0.5 pound shrimp cooked peeled
- ☐ 1 tablespoon thai fish sauce
- ☐ 2 cups water boiling

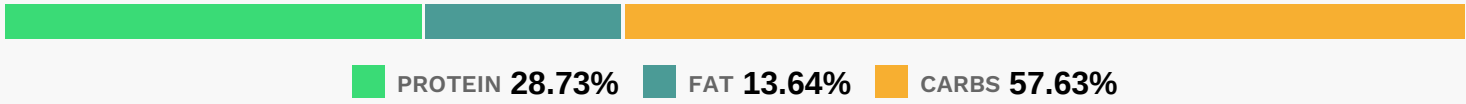
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare the dressing, combine the first 4 ingredients in a bowl, and stir well with a whisk.
- ☐ To prepare the salad, combine 2 cups boiling water and vermicelli in a bowl; cover and let stand 10 minutes.
- ☐ Drain noodles; rinse with cold water.
- ☐ Cut noodles into three pieces.
- ☐ Combine noodles, shrimp, and next 4 ingredients (shrimp through chile) in a large bowl.
- ☐ Pour dressing over noodle mixture, tossing gently to coat. Spoon 1 cup noodle salad onto each of 4 lettuce-lined plates.
- ☐ Sprinkle with cilantro and peanuts.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.1, Inflammation Score:-9, Nutrition Score:12.336956594301%

Flavonoids

Eriodictyol: 2.07mg, Eriodictyol: 2.07mg, Eriodictyol: 2.07mg, Eriodictyol: 2.07mg Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg,

Naringenin: 0.06mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 188.47kcal (9.42%), Fat: 2.96g (4.56%), Saturated Fat: 0.47g (2.97%), Carbohydrates: 28.16g (9.39%), Net Carbohydrates: 26.21g (9.53%), Sugar: 4.24g (4.71%), Cholesterol: 91.29mg (30.43%), Sodium: 458.66mg (19.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.04g (28.08%), Vitamin A: 2905.39IU (58.11%), Vitamin K: 48.15µg (45.86%), Manganese: 0.52mg (26.12%), Copper: 0.36mg (17.93%), Phosphorus: 172.73mg (17.27%), Folate: 64.18µg (16.05%), Magnesium: 52.93mg (13.23%), Vitamin C: 10.61mg (12.86%), Potassium: 403.74mg (11.54%), Iron: 2.01mg (11.18%), Calcium: 89.13mg (8.91%), Zinc: 1.25mg (8.3%), Fiber: 1.94g (7.78%), Vitamin B3: 1.29mg (6.45%), Vitamin B1: 0.09mg (5.92%), Vitamin B6: 0.1mg (5.02%), Selenium: 2.76µg (3.95%), Vitamin B2: 0.06mg (3.57%), Vitamin B5: 0.2mg (1.99%), Vitamin E: 0.2mg (1.35%)