



Noodle Salad with Shrimp and Mint

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



320 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 teaspoons sesame oil dark
- ☐ 2 teaspoons mint leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon green onions chopped
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons juice of lime
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 7 ounce vermicelli uncooked

- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp cooked chopped

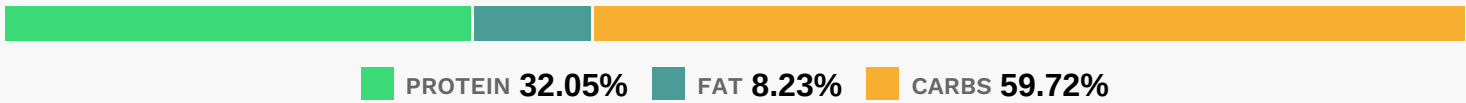
Equipment

- ☐ bowl

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ Combine lime juice and next 6 ingredients (through garlic) in a small bowl, stirring to combine.
- ☐ Combine pasta and shrimp in a large bowl.
- ☐ Drizzle with dressing; toss to coat.
- ☐ Sprinkle with onions.
- ☐ Serve immediately with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:43.07, Glycemic Load:25.91, Inflammation Score:-1, Nutrition Score:6.9773912054041%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 319.8kcal (15.99%), Fat: 2.9g (4.46%), Saturated Fat: 0.48g (3%), Carbohydrates: 47.32g (15.77%), Net Carbohydrates: 46.35g (16.85%), Sugar: 4.53g (5.03%), Cholesterol: 182.57mg (60.86%), Sodium: 659.45mg (28.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.4g (50.79%), Phosphorus: 336mg (33.6%), Copper: 0.5mg (24.8%), Manganese: 0.35mg (17.62%), Zinc: 1.99mg (13.28%), Magnesium: 52.59mg (13.15%), Selenium: 7.8µg (11.15%), Potassium: 364.39mg (10.41%), Calcium: 89.28mg (8.93%), Iron: 1.13mg (6.25%), Fiber: 0.96g (3.86%), Vitamin C: 3.04mg (3.69%), Vitamin K: 3.45µg (3.28%), Vitamin B6: 0.04mg (2.2%), Vitamin B2: 0.03mg (1.98%),

Folate: 6.93µg (1.73%), Vitamin B1: 0.02mg (1.62%), Vitamin B3: 0.24mg (1.19%)