



Orange-Sesame Noodles with Grilled Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



581 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 carrots cut into matchsticks
- ☐ 2 teaspoons ginger freshly grated
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.3 cup orange juice fresh
- ☐ 2 teaspoons orange zest grated
- ☐ 3 tablespoons peanut butter
- ☐ 1 tablespoon sesame oil toasted
- ☐ 2 tablespoons sesame oil toasted

- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 1 cup snow peas
- ☐ 10 ounce soba noodles
- ☐ 3 tablespoons soya sauce

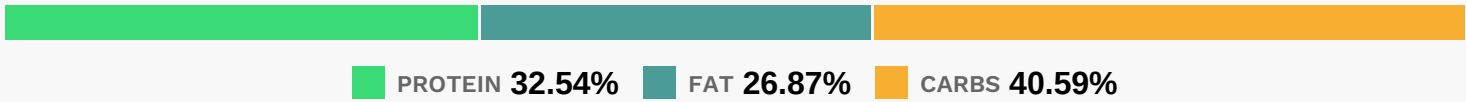
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine first 7 ingredients in a large bowl.
- ☐ Boil noodles according to package directions. Before draining, add snow peas and carrot.
- ☐ Let cook 30 seconds.
- ☐ Drain pasta, peas, and carrot, and toss immediately with orange juice mixture. Set aside.
- ☐ Brush shrimp with sesame oil, and grill over medium-hot coals 3 to 5 minutes.
- ☐ Arrange pasta on serving plates, and top with shrimp.
- ☐ Wine note: Spicy foods marry well with Riesling wines. Here are a few wallet-friendly bottles that balance this savory dish: Blackstone Winery 2005 Monterey County Riesling, Covey Run 2005 Columbia Valley Dry Riesling, and Hardys Stamp of Australia 2005 Riesling Gewrztraminer.

Nutrition Facts



Properties

Glycemic Index:56.83, Glycemic Load:29.5, Inflammation Score:-9, Nutrition Score:22.980434853098%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 580.96kcal (29.05%), Fat: 18.16g (27.94%), Saturated Fat: 3g (18.73%), Carbohydrates: 61.74g (20.58%), Net Carbohydrates: 59.8g (21.74%), Sugar: 4.52g (5.03%), Cholesterol: 273.86mg (91.29%), Sodium: 1581.18mg (68.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.48g (98.97%), Manganese: 1.3mg (65.15%), Phosphorus: 624.13mg (62.41%), Vitamin A: 2901.19IU (58.02%), Copper: 0.93mg (46.67%), Magnesium: 162.8mg (40.7%), Vitamin C: 24.86mg (30.13%), Vitamin B1: 0.43mg (28.49%), Zinc: 3.97mg (26.49%), Potassium: 861.55mg (24.62%), Vitamin B3: 4.79mg (23.95%), Iron: 3.94mg (21.87%), Folate: 73.65µg (18.41%), Vitamin B6: 0.32mg (16.16%), Calcium: 161.48mg (16.15%), Vitamin B5: 1.12mg (11.16%), Vitamin B2: 0.17mg (10.06%), Vitamin E: 1.49mg (9.9%), Vitamin K: 9.72µg (9.26%), Fiber: 1.94g (7.76%), Selenium: 0.83µg (1.19%)