



Peanut Fettuccine with Shrimp, Carrots, and Snow Peas

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



354 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups d matchstick-cut carrots
- ☐ 2 teaspoons sriracha
- ☐ 0.3 cup creamy peanut butter
- ☐ 0.8 cup less-sodium chicken broth fat-free divided
- ☐ 8 ounces fettuccine barilla uncooked
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 1 tablespoon ginger fresh grated peeled

- ☐ 3 garlic cloves thinly sliced
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 tablespoon vegetable oil; peanut oil preferred divided
- ☐ 1 pound shrimp deveined peeled
- ☐ 4 cups snow peas trimmed
- ☐ 1 tablespoon sugar

Equipment

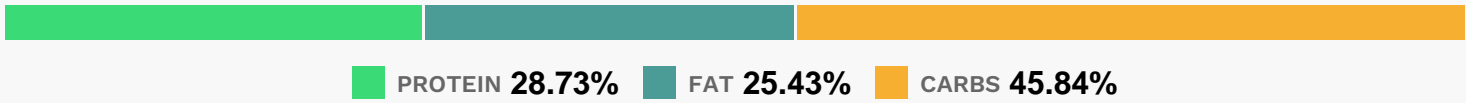
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ colander

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain in a colander over a bowl, reserving 1/2 cup cooking liquid. Set pasta aside.
- ☐ Combine reserved liquid and peanut butter in a small bowl, stirring with a whisk until combined. Set aside.
- ☐ Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add snow peas and carrots; stir-fry 3 minutes. Stir in ginger and garlic; stir-fry 2 minutes or until vegetables are tender.
- ☐ Add 1/4 cup broth; cook 1 minute. Spoon carrot mixture into a large bowl; keep warm.
- ☐ Add remaining 1 teaspoon oil to pan.
- ☐ Add shrimp; stir-fry 2 minutes or until shrimp are done.
- ☐ Add shrimp to carrot mixture; keep warm.
- ☐ Combine remaining 1/2 cup broth, sugar, soy sauce, and chili sauce in a small bowl, stirring with a whisk until sugar dissolves.
- ☐ Add soy sauce mixture and peanut butter mixture to pan. Reduce heat; simmer 3 minutes or until slightly thick.

- ☐ Add pasta to pan, tossing to coat. Stir in the shrimp mixture; cook 2 minutes or until thoroughly heated, tossing to coat.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:34.18, Glycemic Load:13.13, Inflammation Score:-10, Nutrition Score:22.620869688366%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 353.72kcal (17.69%), Fat: 10.17g (15.64%), Saturated Fat: 2.04g (12.77%), Carbohydrates: 41.23g (13.74%), Net Carbohydrates: 36.35g (13.22%), Sugar: 8.88g (9.87%), Cholesterol: 153.47mg (51.16%), Sodium: 570.58mg (24.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.84g (51.67%), Vitamin A: 6662.46IU (133.25%), Vitamin C: 41.02mg (49.72%), Selenium: 31.96µg (45.65%), Manganese: 0.79mg (39.3%), Phosphorus: 350.88mg (35.09%), Copper: 0.56mg (28.2%), Magnesium: 91.51mg (22.88%), Vitamin K: 22.67µg (21.6%), Fiber: 4.88g (19.51%), Potassium: 625.88mg (17.88%), Iron: 3.19mg (17.74%), Vitamin B6: 0.31mg (15.63%), Folate: 62.38µg (15.6%), Zinc: 2.33mg (15.56%), Vitamin B3: 3.1mg (15.49%), Vitamin B1: 0.2mg (13.18%), Vitamin E: 1.78mg (11.89%), Vitamin B5: 1.19mg (11.86%), Calcium: 114.73mg (11.47%), Vitamin B2: 0.14mg (8.5%), Vitamin B12: 0.17µg (2.77%)