



WHATSheATE



## Peppery prawn noodles



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



287 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

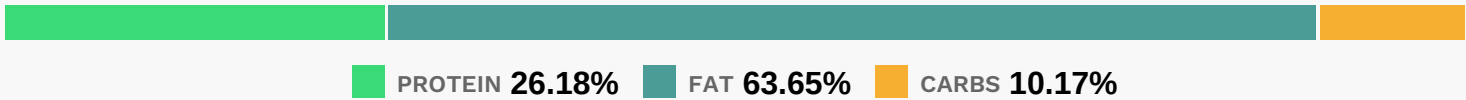
- ☐ 250 g eggs dried
- ☐ 1 tsp peppercorns black crushed
- ☐ 4 servings vegetable oil
- ☐ 1 to 5 chilies red deseeded sliced
- ☐ 100 g baby corns
- ☐ 2 yu choy separated
- ☐ 200 g shrimp raw peeled
- ☐ 1 handful bean sprouts

# Equipment

## Directions

- ☐ Boil the dried egg noodles according to pack instructions, then drain.
- ☐ Fry the lightly crushed black peppercorns in a little oil along with the red chilli, baby corn and bok choi leaves. Stir-fry for 1 min, add the raw peeled prawns, then fry until pink.
- ☐ Add the noodles, a handful of beansprouts and heat through.

## Nutrition Facts



## Properties

Glycemic Index:33.13, Glycemic Load:3.08, Inflammation Score:-4, Nutrition Score:12.070869559827%

## Nutrients (% of daily need)

Calories: 287.09kcal (14.35%), Fat: 20.66g (31.78%), Saturated Fat: 4.21g (26.32%), Carbohydrates: 7.42g (2.47%), Net Carbohydrates: 6.37g (2.32%), Sugar: 1.98g (2.2%), Cholesterol: 313mg (104.33%), Sodium: 149.87mg (6.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.12g (38.24%), Vitamin K: 29.49µg (28.09%), Selenium: 19.35µg (27.64%), Phosphorus: 256.71mg (25.67%), Vitamin C: 18.21mg (22.07%), Vitamin B2: 0.31mg (18.34%), Copper: 0.28mg (14.12%), Vitamin E: 1.91mg (12.76%), Vitamin B5: 1.2mg (11.95%), Manganese: 0.24mg (11.88%), Zinc: 1.67mg (11.16%), Vitamin A: 516.47IU (10.33%), Vitamin B6: 0.2mg (10.07%), Folate: 38.05µg (9.51%), Iron: 1.7mg (9.46%), Vitamin B12: 0.56µg (9.27%), Potassium: 323.97mg (9.26%), Magnesium: 36.02mg (9.01%), Vitamin D: 1.25µg (8.33%), Calcium: 75.41mg (7.54%), Fiber: 1.05g (4.21%), Vitamin B1: 0.06mg (3.85%), Vitamin B3: 0.62mg (3.11%)