



## Ramen Shrimp and Vegetables

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb shrimp frozen thawed deveined uncooked peeled
- 2 cups water
- 3 oz japanese ramen noodles
- 1 lb savory vegetable fresh
- 0.3 cup sauce

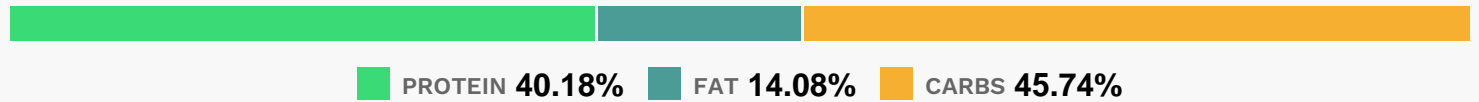
### Equipment

- frying pan

## Directions

- Heat 12-inch nonstick skillet over medium-high heat. Cook shrimp in skillet 2 to 4 minutes, stirring occasionally, until pink and firm.
- Remove shrimp from skillet; keep warm.
- Heat water to boiling in same skillet. Break up noodles from soup mix into water; stir until slightly softened. Stir in vegetables.
- Heat to boiling. Boil 4 to 6 minutes, stirring occasionally, until vegetables are crisp-tender. Stir in seasoning packet from soup mix and stir-fry sauce. Cook 3 to 5 minutes, stirring frequently, until hot. Stir in shrimp.

## Nutrition Facts



## Properties

Glycemic Index:23, Glycemic Load:10.94, Inflammation Score:-10, Nutrition Score:16.041304329167%

## Nutrients (% of daily need)

Calories: 279.71kcal (13.99%), Fat: 4.51g (6.93%), Saturated Fat: 1.83g (11.45%), Carbohydrates: 32.93g (10.98%), Net Carbohydrates: 27.91g (10.15%), Sugar: 3.75g (4.17%), Cholesterol: 182.57mg (60.86%), Sodium: 804.49mg (34.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.93g (57.86%), Vitamin A: 5760.91IU (115.22%), Phosphorus: 334.88mg (33.49%), Copper: 0.6mg (30.24%), Vitamin B1: 0.36mg (23.81%), Manganese: 0.42mg (21.05%), Fiber: 5.03g (20.1%), Magnesium: 72.98mg (18.24%), Potassium: 577.83mg (16.51%), Zinc: 2.22mg (14.82%), Vitamin C: 11.86mg (14.37%), Folate: 56.91µg (14.23%), Iron: 2.52mg (14%), Vitamin B3: 2.29mg (11.44%), Calcium: 110.64mg (11.06%), Vitamin B2: 0.15mg (8.91%), Vitamin B6: 0.13mg (6.37%), Selenium: 2.58µg (3.69%), Vitamin B5: 0.24mg (2.44%), Vitamin E: 0.32mg (2.14%), Vitamin K: 1.21µg (1.15%)