



Rice-Noodle Salad with Shrimp and Asparagus

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



298 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces angel hair pasta uncooked fine
- 3 cups asparagus diagonally sliced (3-inch) (1 pound)
- 0.8 teaspoon pepper red crushed
- 1 medium cucumber peeled seeded sliced
- 3 tablespoons dry-roasted peanuts unsalted chopped
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons ginger fresh minced peeled
- 0.3 cup mint leaves fresh chopped

- 2 garlic cloves minced
- 0.5 cup green onions sliced
- 0.5 cup juice of lime fresh
- 0.5 teaspoon pepper
- 0.5 cup radishes thinly sliced
- 1 cup romaine lettuce shredded
- 1 teaspoon salt
- 1 pound shrimp cooked peeled
- 1.5 tablespoons vegetable oil

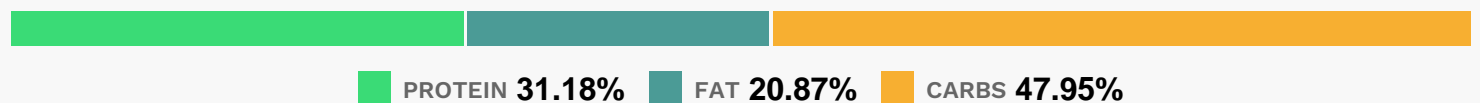
Equipment

- bowl
- whisk

Directions

- Steam asparagus, covered, 1 1/2 minutes. Set aside.
- Cook noodles in boiling water 1 1/2 minutes; drain. Rinse under cold water.
- Drain well.
- Combine lime juice and next 6 ingredients (juice through garlic) in a large bowl, and stir well with a whisk.
- Add asparagus, cooked noodles, shrimp, and next 6 ingredients (shrimp through mint), and toss well.
- Sprinkle with chopped peanuts.
- Note: Cherry tomatoes, steamed sliced carrots, broccoli florets, sugar snap peas, or green beans may be substituted for asparagus.

Nutrition Facts



Properties

Glycemic Index:43.67, Glycemic Load:12.15, Inflammation Score:-8, Nutrition Score:18.373912811279%

Flavonoids

Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg Eriodictyol: 1.21mg, Eriodictyol: 1.21mg, Eriodictyol: 1.21mg, Eriodictyol: 1.21mg Hesperetin: 2.06mg, Hesperetin: 2.06mg, Hesperetin: 2.06mg, Hesperetin: 2.06mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.02mg, Quercetin: 11.02mg, Quercetin: 11.02mg, Quercetin: 11.02mg

Nutrients (% of daily need)

Calories: 297.94kcal (14.9%), Fat: 7.1g (10.92%), Saturated Fat: 1.14g (7.12%), Carbohydrates: 36.7g (12.23%), Net Carbohydrates: 32.36g (11.77%), Sugar: 3.62g (4.02%), Cholesterol: 121.71mg (40.57%), Sodium: 515.39mg (22.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.87g (47.73%), Vitamin K: 65.41µg (62.3%), Selenium: 26.22µg (37.46%), Manganese: 0.74mg (36.86%), Copper: 0.63mg (31.64%), Phosphorus: 310.23mg (31.02%), Vitamin A: 1548.08IU (30.96%), Magnesium: 77.79mg (19.45%), Folate: 76.84µg (19.21%), Vitamin C: 15.65mg (18.97%), Potassium: 631.76mg (18.05%), Fiber: 4.33g (17.34%), Iron: 2.99mg (16.63%), Zinc: 2.22mg (14.83%), Vitamin B1: 0.18mg (11.9%), Vitamin B3: 2.29mg (11.43%), Calcium: 106.57mg (10.66%), Vitamin B6: 0.2mg (9.82%), Vitamin B2: 0.16mg (9.48%), Vitamin E: 1.31mg (8.76%), Vitamin B5: 0.58mg (5.83%)