



Rice Noodles with Shrimp and Basil-Mint Pesto

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



389 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon fish sauce
- ☐ 1.3 cups basil leaves fresh loosely packed
- ☐ 0.3 cup mint leaves fresh loosely packed
- ☐ 1 teaspoon garlic minced
- ☐ 1.5 teaspoons curry paste green
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup macadamia nuts

- ☐ 1 tablespoon olive oil
- ☐ 0.5 pound skinny rice stick noodles (py mai fun)
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 2 cups tomatoes diced
- ☐ 2 tablespoons water

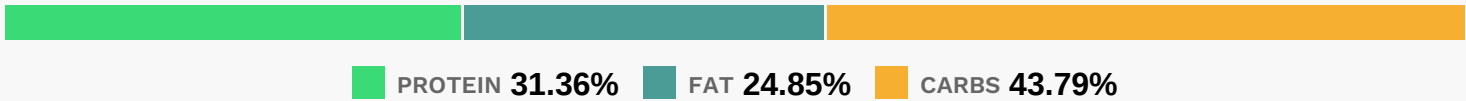
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Place the first 9 ingredients in a food processor; process until smooth.
- ☐ Cook noodles in boiling water 3 minutes or until done.
- ☐ Drain and rinse with cold water; drain well.
- ☐ Place a large skillet coated with cooking spray over medium-high heat.
- ☐ Add shrimp; saut 3 minutes or until done. Stir in pesto, noodles, and tomato; cook until thoroughly heated.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:41.2, Glycemic Load:22.24, Inflammation Score:-7, Nutrition Score:14.123913108007%

Flavonoids

Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 389.35kcal (19.47%), Fat: 10.82g (16.65%), Saturated Fat: 1.75g (10.91%), Carbohydrates: 42.89g (14.3%), Net Carbohydrates: 40.25g (14.64%), Sugar: 2.34g (2.6%), Cholesterol: 219.09mg (73.03%), Sodium: 532.3mg (23.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.73g (61.45%), Manganese: 0.84mg (41.8%), Phosphorus: 399.49mg (39.95%), Copper: 0.71mg (35.54%), Vitamin K: 33µg (31.43%), Vitamin A: 1201.24IU (24.02%), Magnesium: 84.73mg (21.18%), Potassium: 602.75mg (17.22%), Zinc: 2.48mg (16.54%), Vitamin C: 12.51mg (15.16%), Calcium: 133.21mg (13.32%), Iron: 1.97mg (10.94%), Selenium: 7.61µg (10.87%), Fiber: 2.64g (10.57%), Vitamin B1: 0.15mg (10.04%), Vitamin B6: 0.12mg (5.84%), Vitamin E: 0.84mg (5.59%), Folate: 21.51µg (5.38%), Vitamin B3: 0.88mg (4.4%), Vitamin B2: 0.05mg (2.94%), Vitamin B5: 0.18mg (1.83%)