



Sautéed Shrimp and Thai Coconut Broth With Noodles



Gluten Free



Dairy Free

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READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

123 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



6 servings thai coconut broth with noodles



2 tablespoons cilantro leaves fresh chopped



2 teaspoons ginger fresh minced



2 teaspoons garlic minced



1 tablespoon juice of lemon



0.5 teaspoon pepper



1 teaspoon salt

- ☐ 2 teaspoons sesame oil
- ☐ 2 teaspoons shallots chopped
- ☐ 1.5 pounds shrimp fresh unpeeled

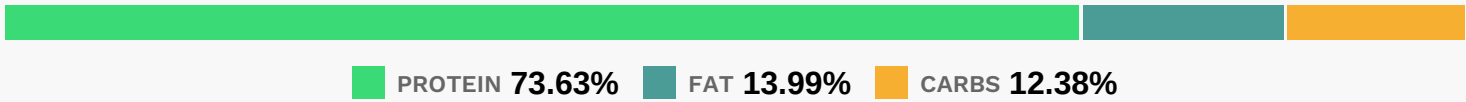
Equipment

- ☐ frying pan

Directions

- ☐ Remove shells from shrimp, and devein, if desired.
- ☐ Saut shrimp in hot oil in a large skillet over medium-high heat 2 minutes or just until shrimp turn pink. Stir in garlic and next 6 ingredients.
- ☐ Serve with Thai Coconut Broth With Noodles.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:1.51, Inflammation Score:-3, Nutrition Score:4.6591305000627%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 123.43kcal (6.17%), Fat: 1.93g (2.98%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 3.85g (1.28%), Net Carbohydrates: 3.74g (1.36%), Sugar: 2.14g (2.37%), Cholesterol: 182.57mg (60.86%), Sodium: 1462.98mg (63.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.91g (45.83%), Phosphorus: 245.36mg (24.54%), Copper: 0.45mg (22.58%), Zinc: 1.54mg (10.27%), Vitamin A: 510.73IU (10.21%), Magnesium: 40.85mg (10.21%), Potassium: 313.94mg (8.97%), Calcium: 75.96mg (7.6%), Manganese: 0.08mg (4.04%), Iron: 0.64mg (3.57%), Vitamin C: 1.4mg (1.7%)