



Sesame-Ginger Shrimp

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons juice of lime
- 11 oz noodles with soy-ginger sauce asian-style
- 4 servings toppings: peanuts fresh chopped
- 1 pound shrimp raw peeled ()
- 0.1 teaspoon salt
- 4 ounces snow peas fresh
- 1 tablespoon vegetable oil

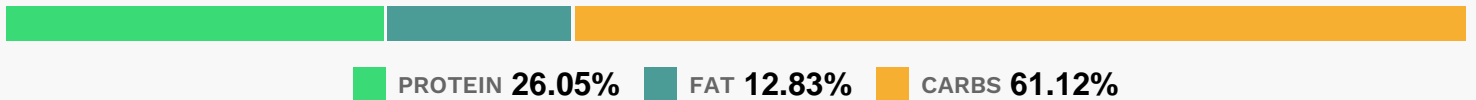
Equipment

frying pan

Directions

- Trim ends and remove strings from snow peas; discard ends and strings. Devein shrimp, if desired.
- Cook noodles according to package directions, reserving sauce and topping packets.
- Drain and keep warm.
- Sprinkle shrimp with salt. Saut shrimp in hot oil in a large nonstick skillet over high heat 2 minutes or just until shrimp turn pink.
- Remove shrimp from skillet, and keep warm.
- Saut snow peas in skillet over high heat, stirring often, 2 to 3 minutes or until tender. Return shrimp to skillet; stir in reserved sauce packet and lime juice, and cook 30 seconds. Stir in hot cooked noodles.
- Serve with desired toppings.
- Sprinkle with reserved sesame seed topping packet.
- Note: We tested with Simply Asia Soy Ginger Noodles.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:23.4, Inflammation Score:-6, Nutrition Score:18.993478308553%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 413.61kcal (20.68%), Fat: 5.78g (8.9%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 62.02g (20.67%), Net Carbohydrates: 58.76g (21.37%), Sugar: 3.34g (3.71%), Cholesterol: 142.88mg (47.63%), Sodium: 720.51mg (31.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.43g (52.85%), Selenium: 83.04µg (118.63%), Phosphorus: 440.16mg (44.02%), Manganese: 0.82mg (40.95%), Vitamin C: 19.29mg (23.38%), Copper: 0.46mg (22.82%), Vitamin B12: 1.26µg (20.98%), Magnesium: 73.7mg (18.42%), Vitamin B3: 3.52mg (17.62%), Vitamin B6:

0.34mg (17.08%), Zinc: 2.28mg (15.22%), Vitamin K: 14.11µg (13.44%), Vitamin E: 1.99mg (13.27%), Fiber: 3.26g (13.06%), Folate: 48.3µg (12.07%), Potassium: 368mg (10.51%), Vitamin A: 522.77IU (10.46%), Iron: 1.85mg (10.28%), Vitamin B1: 0.14mg (9.15%), Vitamin B5: 0.91mg (9.1%), Calcium: 90.96mg (9.1%), Vitamin B2: 0.09mg (5.16%)