



WHATSheATE



Sesame Shrimp Ramen



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bag coleslaw mix fresh frozen
- ☐ 1 cup satay sauce
- ☐ 10 oz japanese ramen noodles
- ☐ 2 spring onion finely chopped
- ☐ 2 tablespoons sesame seed toasted
- ☐ 8 ounces shrimp cooked (24)
- ☐ 2 tablespoons vegetable oil
- ☐ 4 servings frangelico asian-style

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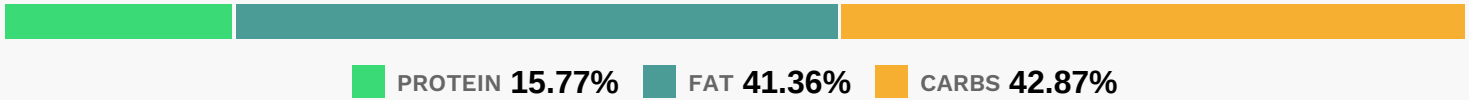
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil. Cook ramen for 2 to 3 minutes. (If using spaghetti, cook until just al dente, about 8 minutes.)
- ☐ Drain and rinse under cold water.
- ☐ In a large skillet, heat oil over high heat, add vegetables and stir-fry until just wilted, about 5 minutes.
- ☐ In a large bowl, toss noodles with peanut sauce until well-coated.
- ☐ Add vegetables and shrimp and toss. Divide among 4 bowls and sprinkle each with scallions and sesame seeds.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:22.25, Inflammation Score:-6, Nutrition Score:22.093478171722%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 626.84kcal (31.34%), Fat: 28.62g (44.04%), Saturated Fat: 6.77g (42.29%), Carbohydrates: 66.76g (22.25%), Net Carbohydrates: 61.69g (22.43%), Sugar: 15.3g (17%), Cholesterol: 91.29mg (30.43%), Sodium: 2367.13mg (102.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.56g (49.12%), Vitamin K: 114.46µg

(109.01%), Vitamin B1: 0.83mg (55.52%), Vitamin C: 42.52mg (51.53%), Folate: 136.18µg (34.05%), Manganese: 0.66mg (33.16%), Copper: 0.53mg (26.73%), Phosphorus: 262.31mg (26.23%), Iron: 4.34mg (24.1%), Fiber: 5.07g (20.28%), Vitamin B3: 3.37mg (16.85%), Magnesium: 64.89mg (16.22%), Calcium: 145.16mg (14.52%), Potassium: 503.08mg (14.37%), Vitamin B2: 0.24mg (14.31%), Zinc: 1.9mg (12.65%), Selenium: 8.84µg (12.62%), Vitamin E: 1.84mg (12.25%), Vitamin B6: 0.24mg (11.82%), Vitamin B5: 0.44mg (4.41%), Vitamin A: 178.93IU (3.58%), Vitamin B12: 0.18µg (2.95%)