

Shrimp and Broccoli Lo Mein

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz soup noodles chinese uncooked
- ☐ 1 lb shrimp deveined uncooked peeled (31 to 35 count)
- ☐ 1 tablespoon ginger finely chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 3 cups broccoli florets fresh
- ☐ 1 jalapeno red seeded finely chopped
- ☐ 1 cup chicken broth (from 32-oz carton)
- ☐ 1 tablespoon fish sauce

- ☐ 1.5 teaspoons cornstarch
- ☐ 1 tablespoon cilantro leaves fresh finely chopped

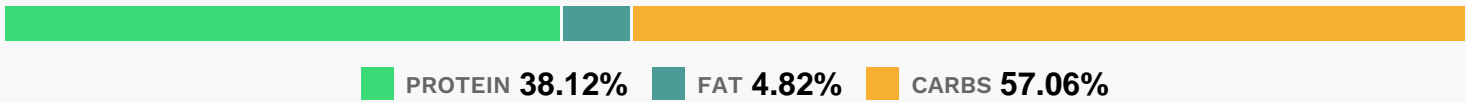
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Cook noodles as directed on package to desired doneness.
- ☐ Drain; cover to keep warm.
- ☐ Meanwhile, spray 12-inch skillet or wok with cooking spray.
- ☐ Heat over high heat until hot.
- ☐ Add shrimp; cook and stir 3 minutes.
- ☐ Remove shrimp from skillet; set aside. If necessary, drain skillet.
- ☐ Add gingerroot and garlic to skillet; cook 30 seconds.
- ☐ Add broccoli, chile and 1/4 cup of the broth; cover and cook 1 to 3 minutes or until broccoli is crisp-tender.
- ☐ In small bowl, mix remaining 3/4 cup broth, the fish sauce and cornstarch with wire whisk until smooth. Return shrimp to skillet; add cornstarch mixture. Cook and stir about 1 minute or until sauce is slightly thickened and shrimp are pink.
- ☐ Add noodles; toss until evenly coated and hot.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:18.27, Inflammation Score:-7, Nutrition Score:21.32173951035%

Flavonoids

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 5.36mg, Kaempferol: 5.36mg, Kaempferol: 5.36mg, Kaempferol: 5.36mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 344.08kcal (17.2%), Fat: 1.85g (2.85%), Saturated Fat: 0.36g (2.28%), Carbohydrates: 49.34g (16.45%), Net Carbohydrates: 45.61g (16.59%), Sugar: 3.33g (3.7%), Cholesterol: 183.75mg (61.25%), Sodium: 733.12mg (31.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.96g (65.92%), Vitamin C: 66.75mg (80.91%), Vitamin K: 70.51µg (67.15%), Selenium: 38.56µg (55.08%), Phosphorus: 403.23mg (40.32%), Manganese: 0.79mg (39.36%), Copper: 0.67mg (33.38%), Magnesium: 94.7mg (23.68%), Potassium: 693.11mg (19.8%), Zinc: 2.69mg (17.94%), Fiber: 3.73g (14.93%), Folate: 56.63µg (14.16%), Vitamin B6: 0.27mg (13.32%), Calcium: 125.77mg (12.58%), Iron: 1.99mg (11.06%), Vitamin A: 467.18IU (9.34%), Vitamin B2: 0.16mg (9.26%), Vitamin B3: 1.71mg (8.53%), Vitamin B1: 0.12mg (7.99%), Vitamin B5: 0.67mg (6.71%), Vitamin E: 0.65mg (4.34%)