



Shrimp and Edamame Penne with Peanut Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



660 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup julienne-cut carrots
- 1 teaspoon chili oil
- 0.5 cup creamy peanut butter
- 1 large cucumber halved seeded sliced
- 1 tablespoon sesame oil dark
- 10 ounce edamame (1 cup)
- 1 cup cilantro leaves fresh packed

- 2 garlic cloves
- 8 ounces penne pasta uncooked
- 1 pound shrimp deveined peeled
- 0.3 cup soya sauce
- 0.3 cup water

Equipment

- food processor
- bowl
- blender

Directions

- Cook pasta in boiling salted water according to package directions. Two minutes before pasta is al dente, add shrimp and carrot. Cook 2 minutes or until shrimp are done.
- Drain.
- Process garlic in a blender or food processor until finely chopped.
- Add cilantro and next 5 ingredients; process until smooth.
- Toss cooked pasta, cucumber, edamame and dressing in a large bowl. Cover and chill at least 2 hours before serving.
- The Case for Wine: Carlos Kainz owns and manages Dulces Latin Bistro in Seattle, Washington, along with his wife, chef Julie Guerrero. "I always like to match wines that have a little spice in their makeup with piquant Thai dishes. Vasse Felix Adams Road Shiraz (\$1
- works well here. This peppery Aussie loves spicy food; it has earthy aromas and clean, rich flavors of cassis and chocolate."

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:18.25, Inflammation Score:-10, Nutrition Score:26.902608519015%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 659.61kcal (32.98%), Fat: 24.98g (38.43%), Saturated Fat: 4.18g (26.15%), Carbohydrates: 64.97g (21.66%), Net Carbohydrates: 57.02g (20.74%), Sugar: 9.68g (10.76%), Cholesterol: 182.57mg (60.86%), Sodium: 1385.87mg (60.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.98g (93.96%), Vitamin A: 4733.25IU (94.67%), Manganese: 1.27mg (63.41%), Selenium: 37.92µg (54.17%), Phosphorus: 512.17mg (51.22%), Copper: 0.87mg (43.32%), Magnesium: 145.14mg (36.28%), Potassium: 1166.48mg (33.33%), Fiber: 7.95g (31.8%), Vitamin B3: 6.28mg (31.38%), Iron: 4.8mg (26.66%), Zinc: 3.43mg (22.89%), Vitamin E: 3.32mg (22.1%), Vitamin K: 21.7µg (20.67%), Calcium: 188.46mg (18.85%), Vitamin B6: 0.36mg (17.81%), Folate: 62.39µg (15.6%), Vitamin B5: 0.99mg (9.87%), Vitamin B1: 0.14mg (9.59%), Vitamin B2: 0.16mg (9.54%), Vitamin C: 4.62mg (5.6%)