



Shrimp and Mango Salad with Glass Noodles



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



198 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces vermicelli very thin (also known as cellophane, glass, or mung bean noodles)
- ☐ 0.3 cup basil fresh coarsely chopped
- ☐ 1 teaspoon jalapeno fresh chopped to taste
- ☐ 1 pound mangos peeled cut into 1/2-inch cubes
- ☐ 0.3 cup rice vinegar (not seasoned)
- ☐ 1.5 teaspoons salt
- ☐ 3 spring onion thinly sliced
- ☐ 2 tablespoons sugar

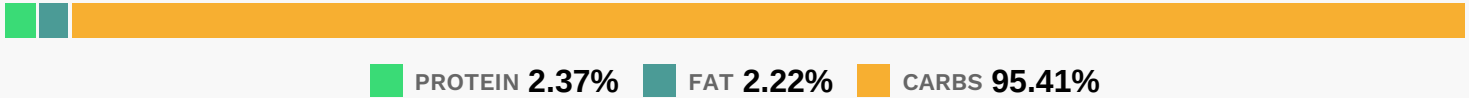
Equipment

- ☐ bowl
- ☐ measuring cup
- ☐ colander

Directions

- ☐ Cover noodles with boiling-hot water in a large bowl and let stand 8 minutes.
- ☐ Drain noodles in a colander and rinse with cold running water.
- ☐ Drain well, then return to bowl.
- ☐ While noodles are soaking, combine shrimp, mango, scallions, basil, and chile in another large bowl.
- ☐ Stir together vinegar, sugar, and salt in a measuring cup until sugar is dissolved, then toss half of sauce with noodles and half with shrimp salad.
- ☐ Serve noodles topped with shrimp salad.

Nutrition Facts



Properties

Glycemic Index:76.46, Glycemic Load:12.22, Inflammation Score:-8, Nutrition Score:9.0978260506754%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 198.06kcal (9.9%), Fat: 0.5g (0.77%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 48.18g (16.06%), Net Carbohydrates: 45.93g (16.7%), Sugar: 21.8g (24.22%), Cholesterol: 0mg (0%), Sodium: 878.05mg (38.18%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Vitamin C: 44.72mg (54.21%), Vitamin K: 29.85µg (28.43%), Vitamin A: 1409.3IU (28.19%), Folate: 56.45µg (14.11%), Fiber: 2.25g (9%), Copper: 0.17mg (8.25%), Vitamin B6: 0.16mg (8.11%), Vitamin E: 1.16mg (7.76%), Manganese: 0.15mg (7.34%), Potassium: 226.43mg (6.47%), Iron: 1mg (5.54%), Vitamin B1: 0.08mg (5.35%), Selenium: 3.13µg (4.47%), Vitamin B3: 0.89mg (4.46%), Magnesium: 15.37mg (3.84%), Vitamin B2: 0.05mg (3.14%), Calcium: 30.72mg (3.07%), Phosphorus: 30.29mg (3.03%), Vitamin B5: 0.27mg (2.66%), Zinc: 0.27mg (1.82%)