



Shrimp and Noodle Salad with Ginger Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



408 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon chile-garlic sauce chinese
- ☐ 1 cup cilantro leaves
- ☐ 12 ounces coleslaw mix shredded
- ☐ 7 ounces fettuccine barilla dried
- ☐ 2 tablespoons ginger fresh finely grated
- ☐ 4 servings lime wedges for serving
- ☐ 4 servings salt

- ☐ 2 scallions white green thinly sliced
- ☐ 0.8 pound shrimp cooked halved lengthwise
- ☐ 0.3 cup teriyaki sauce
- ☐ 0.3 cup vegetable oil

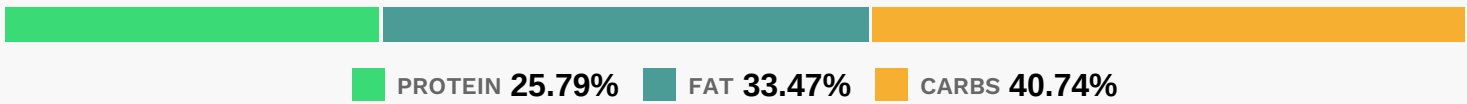
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Bring a medium saucepan of salted water to a boil.
- ☐ Add the noodles and cook until al dente.
- ☐ Drain and rinse under cold running water. Pat dry and transfer to a large bowl.
- ☐ Add the coleslaw mix, scallions, cilantro and shrimp.
- ☐ In a blender, combine the teriyaki sauce with the ginger and chile-garlic sauce and puree until smooth. With the machine on, slowly add the vegetable oil in a thin stream and puree until the dressing is emulsified. Season lightly with salt.
- ☐ Add the dressing to the bowl with the udon noodles and toss well.
- ☐ Serve the noodle salad with lime wedges on the side.

Nutrition Facts



Properties

Glycemic Index:53.08, Glycemic Load:19.02, Inflammation Score:-5, Nutrition Score:13.83521740592%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol:

0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 407.84kcal (20.39%), Fat: 15.55g (23.92%), Saturated Fat: 2.2g (13.77%), Carbohydrates: 42.59g (14.2%), Net Carbohydrates: 37.32g (13.57%), Sugar: 10.13g (11.26%), Cholesterol: 136.93mg (45.64%), Sodium: 1629.03mg (70.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.96g (53.92%), Vitamin K: 114.52µg (109.07%), Vitamin C: 33.8mg (40.97%), Phosphorus: 237.35mg (23.73%), Fiber: 5.26g (21.06%), Copper: 0.39mg (19.47%), Magnesium: 54.76mg (13.69%), Potassium: 462.6mg (13.22%), Folate: 44.8µg (11.2%), Calcium: 100.96mg (10.1%), Manganese: 0.2mg (9.97%), Vitamin E: 1.39mg (9.24%), Zinc: 1.37mg (9.12%), Vitamin A: 413.59IU (8.27%), Iron: 1.34mg (7.44%), Vitamin B6: 0.14mg (6.96%), Vitamin B1: 0.06mg (4.3%), Vitamin B2: 0.06mg (3.49%), Vitamin B3: 0.53mg (2.66%), Vitamin B5: 0.25mg (2.53%)