



Shrimp and Noodle Stir Fry

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 heads baby bok choy cut into thin wedges (1 pound total)
- ☐ 6 ounces bean thread noodles (preferably)
- ☐ 2 cups chicken broth
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 12 mushroom caps fresh halved
- ☐ 2 garlic cloves minced
- ☐ 1 pound jicama peeled cut into 2-inch-long julienne

- ☐ 4 servings accompaniment: lime wedges
- ☐ 1 medium onion thinly sliced
- ☐ 0.5 teaspoon pepper flakes dried red hot
- ☐ 4 scallions
- ☐ 1 tablespoon asian sesame oil
- ☐ 1 pound shrimp shelled
- ☐ 3 tablespoons vegetable oil

Equipment

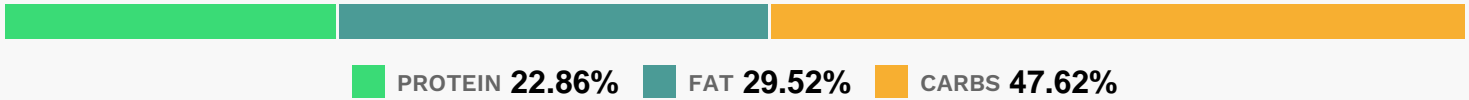
- ☐ bowl
- ☐ frying pan
- ☐ wok
- ☐ kitchen scissors

Directions

- ☐ Soak noodles in cold water to cover 15 minutes.
- ☐ Drain and cut in half with scissors.
- ☐ Heat a wok or large heavy skillet over high heat until a bead of water dropped on cooking surface evaporates immediately. Swirl 1 tablespoon peanut oil in wok to coat evenly and heat until just smoking. Stir-fry onion, ginger, and red pepper flakes 1 minute.
- ☐ Add mushrooms and stir-fry until just tender, about 2 minutes.
- ☐ Transfer mixture to a large bowl and season with salt.
- ☐ Swirl another tablespoon peanut oil in wok to coat evenly and heat until just smoking. Stir-fry bok choy until barely tender, then add scallions and salt to taste and stir-fry until bok choy is crisp-tender.
- ☐ Add to mushroom mixture.
- ☐ Pat shrimp dry and season with salt. Swirl remaining tablespoon peanut oil in wok and heat until just smoking. Stir-fry shrimp 2 minutes, or until just cooked through, and transfer to bowl with vegetables.

- ☐
- Add broth and garlic to wok and bring to a boil. Stir noodles into broth and boil until tender and most of broth is absorbed, 4 to 5 minutes.
- ☐
- Return shrimp and vegetables to wok and stir-fry until heated. Stir in sesame oil, jícama, and salt to taste.
- ☐
- Serve stir-fry sprinkled with cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:53.75, Glycemic Load:2.17, Inflammation Score:-6, Nutrition Score:16.560869496802%

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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg

Nutrients (% of daily need)

Calories: 450.25kcal (22.51%), Fat: 14.97g (23.03%), Saturated Fat: 2.24g (13.99%), Carbohydrates: 54.34g (18.11%), Net Carbohydrates: 46.52g (16.91%), Sugar: 5.08g (5.64%), Cholesterol: 184.92mg (61.64%), Sodium: 592.47mg (25.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.09g (52.18%), Vitamin K: 51.02µg (48.59%), Vitamin C: 28.97mg (35.12%), Phosphorus: 345.2mg (34.52%), Copper: 0.64mg (32.17%), Fiber: 7.82g (31.28%), Potassium: 720.23mg (20.58%), Manganese: 0.39mg (19.62%), Magnesium: 70.84mg (17.71%), Zinc: 2.52mg (16.83%), Iron: 2.81mg (15.58%), Vitamin B6: 0.26mg (13.02%), Vitamin B2: 0.22mg (12.82%), Calcium: 123.71mg (12.37%), Vitamin B3: 2.36mg (11.8%), Vitamin E: 1.73mg (11.53%), Selenium: 7.52µg (10.74%), Vitamin B1: 0.14mg (9.47%), Vitamin B5: 0.9mg (9.05%), Folate: 34.31µg (8.58%), Vitamin A: 400.57IU (8.01%), Vitamin D: 0.17µg (1.12%)