



## Shrimp and Squid Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



540 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cups bean sprouts
- 6 tablespoons chicken broth low-sodium homemade canned
- 1 bunch chives cut into 1-inch lengths ( 2/3 cup)
- 4.5 tablespoons cooking oil
- 5 tablespoons cooking wine dry white
- 2 eggs beaten
- 0.5 pound pasta
- 0.3 cup oyster sauce

- 0.3 teaspoon red-pepper flakes dried
- 0.3 teaspoon salt
- 0.5 pound shrimp shelled
- 6 tablespoons soya sauce
- 0.5 pound squid rings cleaned cut into 1/2-inch rings, tentacles cut in half

## Equipment

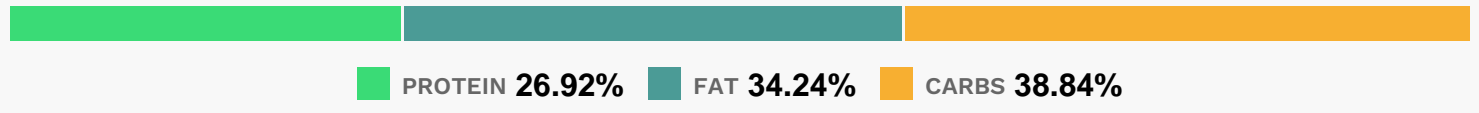
- bowl
- frying pan
- pot
- wok

## Directions

- In a small bowl, combine the broth, red-pepper flakes, oyster sauce, wine, and soy sauce. In a large pot of boiling, salted water, cook the linguine until just done, about 12 minutes.
- Drain the linguine.
- In a large frying pan or wok, heat 1 tablespoon of the oil over high heat.
- Sprinkle the shrimp with 1/8 teaspoon of the salt.
- Add the shrimp to the pan; cook until just done, about 3 minutes.
- Remove the shrimp.
- Heat another tablespoon oil over high heat.
- Sprinkle the squid with the remaining 1/8 teaspoon salt.
- Add the squid to the pan and cook for 30 seconds.
- Remove.
- Heat 1/2 tablespoon of oil and add the eggs to the pan. Cook, stirring, until set, about 20 seconds.
- Remove and cut into strips.
- Heat the remaining 2 tablespoons oil over high heat.

- Add the linguine, bean sprouts, and the sauce mixture. Cook, stirring, until the sauce thickens slightly, about 2 minutes.
- Add the shrimp, squid, and eggs. Cook until heated through, about 1 minute longer. Toss with the chives and serve immediately.
- Wine Recommendation: Salty Asian flavors like these call for a very light-bodied, acidic white wine. Try a vinho verde from Portugal or a Muscadet de Svre-et-Maine from the Loire Valley in France.

## Nutrition Facts



### Properties

Glycemic Index:29.25, Glycemic Load:17.29, Inflammation Score:-5, Nutrition Score:24.522173954093%

### Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

### Nutrients (% of daily need)

Calories: 540.22kcal (27.01%), Fat: 20.09g (30.9%), Saturated Fat: 2.34g (14.64%), Carbohydrates: 51.28g (17.09%), Net Carbohydrates: 48.2g (17.53%), Sugar: 4.44g (4.93%), Cholesterol: 305.23mg (101.74%), Sodium: 2189.36mg (95.19%), Alcohol: 1.93g (100%), Alcohol %: 0.71% (100%), Protein: 35.53g (71.07%), Selenium: 69.21µg (98.87%), Copper: 1.63mg (81.56%), Phosphorus: 474.81mg (47.48%), Manganese: 0.83mg (41.65%), Vitamin B2: 0.5mg (29.62%), Vitamin K: 30.85µg (29.38%), Vitamin E: 3.83mg (25.55%), Magnesium: 96.26mg (24.06%), Vitamin B3: 4.24mg (21.18%), Zinc: 3.11mg (20.73%), Potassium: 626.6mg (17.9%), Iron: 3.08mg (17.12%), Vitamin B12: 1.01µg (16.91%), Folate: 63.41µg (15.85%), Vitamin B6: 0.27mg (13.37%), Fiber: 3.08g (12.31%), Vitamin C: 10.13mg (12.27%), Vitamin B5: 1.18mg (11.79%), Calcium: 99.47mg (9.95%), Vitamin B1: 0.13mg (8.95%), Vitamin A: 229.02IU (4.58%), Vitamin D: 0.44µg (2.93%)