



WHATSheATE



Shrimp and Sugar Peas Lo Mein

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon sesame oil
- ☐ 0.3 cup peanut butter
- ☐ 5.1 oz lo mein noodles
- ☐ 1 cup sugar snap peas fresh
- ☐ 0.5 lb shrimp frozen thawed deveined cooked peeled

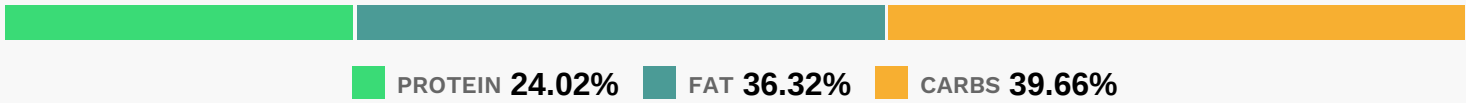
Equipment

- ☐ frying pan

Directions

- ☐ In 10-inch skillet, heat oil and peanut butter over medium heat just until peanut butter melts. Stir in noodles (from Chicken Helper box) until coated. Stir in 2 1/4 cups water and the sauce mix (from Chicken Helper box).
- ☐ Heat to boiling, stirring occasionally.
- ☐ Reduce heat; stir in peas. Cover; simmer 6 minutes, stirring occasionally. Stir in shrimp. Cover; simmer 4 to 5 minutes longer or until noodles are tender.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:7.5852173100347%

Nutrients (% of daily need)

Calories: 308.33kcal (15.42%), Fat: 12.72g (19.57%), Saturated Fat: 2.19g (13.7%), Carbohydrates: 31.26g (10.42%), Net Carbohydrates: 29.21g (10.62%), Sugar: 2.67g (2.97%), Cholesterol: 91.29mg (30.43%), Sodium: 247.36mg (10.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.93g (37.87%), Phosphorus: 188.98mg (18.9%), Vitamin C: 14.7mg (17.82%), Manganese: 0.31mg (15.74%), Copper: 0.31mg (15.44%), Magnesium: 52.98mg (13.24%), Vitamin B3: 2.29mg (11.46%), Vitamin E: 1.61mg (10.76%), Potassium: 289.63mg (8.28%), Zinc: 1.24mg (8.24%), Fiber: 2.05g (8.22%), Vitamin K: 6.65µg (6.33%), Folate: 24.16µg (6.04%), Iron: 1.08mg (6.02%), Vitamin B6: 0.11mg (5.54%), Calcium: 54.72mg (5.47%), Vitamin A: 266.32IU (5.33%), Vitamin B1: 0.06mg (3.93%), Vitamin B5: 0.35mg (3.55%), Vitamin B2: 0.05mg (2.96%), Selenium: 0.83µg (1.19%)