



Shrimp & Cucumber Noodle Salad

READY IN



20 min.

SERVINGS



20

CALORIES



64 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup cilantro leaves chopped
- 1 cucumber peeled seeded sliced quartered
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 2 Tbsp parmesan cheese grated kraft
- 0.3 cup planters roasted peanuts dry chopped
- 2 cups rotini pasta uncooked
- 1 serrano chile finely chopped
- 1 lb shrimp deveined uncooked peeled
- 2 tsp lite soy sauce

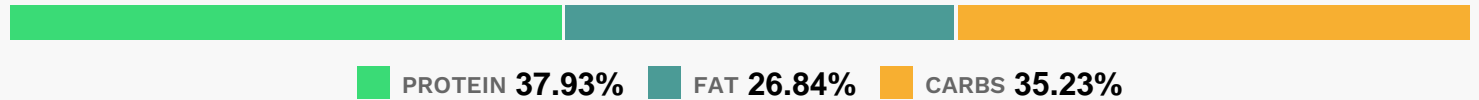
Equipment

- bowl
- frying pan

Directions

- Cook pasta as directed on package. Meanwhile, mix dressing and soy sauce in large skillet on medium-high heat.
- Add shrimp; cook 8 to 10 min. or until shrimp turn pink.
- Drain pasta; rinse, then drain again.
- Place in large bowl.
- Add shrimp and all remaining ingredients except cheese; mix lightly.
- Top with cheese.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:1.84, Inflammation Score:-1, Nutrition Score:2.4908695559463%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 64.05kcal (3.2%), Fat: 1.93g (2.96%), Saturated Fat: 0.35g (2.19%), Carbohydrates: 5.69g (1.9%), Net Carbohydrates: 5.21g (1.89%), Sugar: 0.8g (0.89%), Cholesterol: 36.95mg (12.32%), Sodium: 106.99mg (4.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.25%), Phosphorus: 74.53mg (7.45%), Copper: 0.13mg (6.38%), Selenium: 4.22µg (6.04%), Manganese: 0.12mg (5.96%), Magnesium: 16.99mg (4.25%), Vitamin K: 4.01µg (3.82%), Zinc: 0.5mg (3.3%), Potassium: 113.2mg (3.23%), Calcium: 24.19mg (2.42%), Vitamin B3: 0.41mg (2.07%), Fiber: 0.48g (1.93%), Iron: 0.29mg (1.62%), Vitamin B6: 0.03mg (1.53%), Folate: 5.45µg (1.36%), Vitamin E: 0.18mg (1.22%)