



Shrimp-Edamame Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



432 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup avocado diced peeled ()
- 16 ounce edamame frozen shelled thawed (soybeans)
- 7 teaspoons olive oil extravirgin divided
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic cloves crushed
- 2 tablespoons juice of lemon
- 2 teaspoons soya sauce low-sodium
- 3.5 ounces noodles chinese ()

- 0.8 cup bell pepper red chopped
- 0.5 teaspoon salt divided
- 2 tablespoons seasoned rice vinegar
- 1 pound shrimp steamed peeled

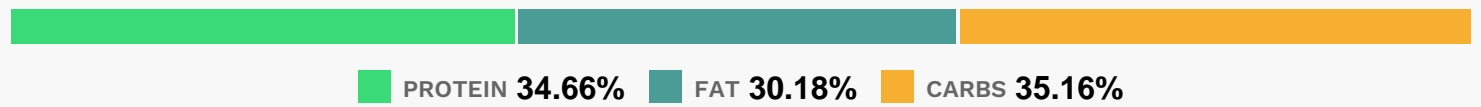
Equipment

- frying pan
- paper towels

Directions

- Break noodles into large pieces.
- Place noodles in a large nonstick skillet, and cover with boiling water. Cover and let stand 5 minutes.
- Drain.
- Cut noodles into small pieces.
- Wipe pan dry with paper towels.
- Heat 1 teaspoon oil in pan over medium-high heat.
- Add cooked noodles, soybeans, and 1/4 teaspoon salt; saut 3 minutes or until thoroughly heated. Stir in garlic and shrimp; cook 3 minutes or until thoroughly heated.
- Remove from heat, and stir in remaining 2 tablespoons oil, remaining 1/4 teaspoon salt, bell pepper, and remaining ingredients. Toss gently.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:8.08, Inflammation Score:-7, Nutrition Score:15.812173874482%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-

gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 432.46kcal (21.62%), Fat: 14.62g (22.49%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 38.32g (12.77%), Net Carbohydrates: 30.99g (11.27%), Sugar: 5.25g (5.83%), Cholesterol: 182.57mg (60.86%), Sodium: 520.64mg (22.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.78g (75.55%), Vitamin C: 41.28mg (50.03%), Phosphorus: 314.41mg (31.44%), Potassium: 1044.44mg (29.84%), Fiber: 7.33g (29.32%), Copper: 0.57mg (28.27%), Iron: 4.32mg (24.02%), Selenium: 16.06µg (22.95%), Vitamin A: 970.16IU (19.4%), Manganese: 0.37mg (18.44%), Calcium: 180.78mg (18.08%), Magnesium: 64.52mg (16.13%), Zinc: 2.11mg (14.04%), Vitamin E: 1.91mg (12.75%), Vitamin K: 12.67µg (12.07%), Vitamin B6: 0.19mg (9.61%), Folate: 35.77µg (8.94%), Vitamin B3: 1.08mg (5.39%), Vitamin B5: 0.49mg (4.88%), Vitamin B2: 0.07mg (4.32%), Vitamin B1: 0.06mg (3.76%)