

# Shrimp Lo Mein

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 cups bell pepper strips red
- ☐ 1 pound broccoli florets
- ☐ 0.3 cup cashew pieces unsalted coarsely chopped
- ☐ 0.8 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 tablespoon garlic fresh minced
- ☐ 8 ounces lo mein noodles fresh
- ☐ 3 cups thinly onion vertically sliced

- ☐ 1.5 tablespoons vegetable oil; peanut oil preferred divided
- ☐ 0.3 teaspoon salt
- ☐ 8 ounces shrimp deveined peeled coarsely chopped
- ☐ 2.5 tablespoons soya sauce

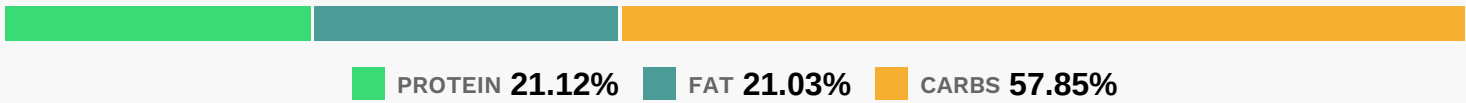
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve

## Directions

- ☐ Combine the soy sauce and shrimp; cover and refrigerate 30 minutes.
- ☐ Drain through a sieve over a bowl, reserving soy sauce.
- ☐ Prepare noodles according to package directions, omitting the salt and fat.
- ☐ Drain and rinse; drain well. Toss noodles with 1 teaspoon oil. Set aside.
- ☐ Heat 2 teaspoons peanut oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion; stir-fry 3 minutes.
- ☐ Add broccoli and bell pepper; stir-fry 3 minutes.
- ☐ Add garlic and ginger; cook 1 minute, stirring constantly.
- ☐ Remove vegetable mixture from pan.
- ☐ Heat 1 1/2 teaspoons peanut oil in pan.
- ☐ Add shrimp, and stir-fry 1 minute.
- ☐ Add the reserved soy sauce, broth, and salt, and bring to a boil.
- ☐ Add noodles, vegetable mixture, and nuts, and toss well to combine.

## Nutrition Facts



## Properties

Glycemic Index:44.05, Glycemic Load:5.73, Inflammation Score:-10, Nutrition Score:27.48739146668%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 9.69mg, Kaempferol: 9.69mg, Kaempferol: 9.69mg, Kaempferol: 9.69mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 28.26mg, Quercetin: 28.26mg, Quercetin: 28.26mg, Quercetin: 28.26mg

Nutrients (% of daily need)

Calories: 450.32kcal (22.52%), Fat: 10.95g (16.85%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 67.82g (22.61%), Net Carbohydrates: 59.82g (21.75%), Sugar: 10.93g (12.14%), Cholesterol: 91.29mg (30.43%), Sodium: 1234.18mg (53.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.75g (49.5%), Vitamin C: 206.14mg (249.87%), Vitamin K: 122.62µg (116.78%), Vitamin A: 3041.64IU (60.83%), Manganese: 0.73mg (36.36%), Folate: 133.23µg (33.31%), Vitamin B6: 0.65mg (32.45%), Phosphorus: 321.12mg (32.11%), Fiber: 8g (31.98%), Copper: 0.55mg (27.35%), Potassium: 945.56mg (27.02%), Magnesium: 94.32mg (23.58%), Vitamin E: 2.99mg (19.92%), Vitamin B2: 0.26mg (15.41%), Vitamin B1: 0.22mg (14.94%), Iron: 2.61mg (14.49%), Zinc: 2.17mg (14.45%), Calcium: 133.33mg (13.33%), Vitamin B5: 1.21mg (12.12%), Vitamin B3: 2.39mg (11.94%), Selenium: 6.44µg (9.2%), Vitamin B12: 0.09µg (1.42%)