



WHATSheATE



Shrimp-Mango Stir-Fry and Rice Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



296 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup torn basil leaves fresh
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons brown sugar
- ☐ 1 tablespoon canola oil divided
- ☐ 0.5 teaspoon cornstarch
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 teaspoons fish sauce
- ☐ 1 tablespoon ginger fresh minced peeled

- ☐ 4 teaspoons juice of lime fresh
- ☐ 1 cup mangos ripe cubed peeled
- ☐ 1 cup bell pepper red sliced
- ☐ 5 ounces rice noodles uncooked
- ☐ 12 ounces shrimp deveined peeled
- ☐ 3 tablespoons water
- ☐ 1 cup onion yellow sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

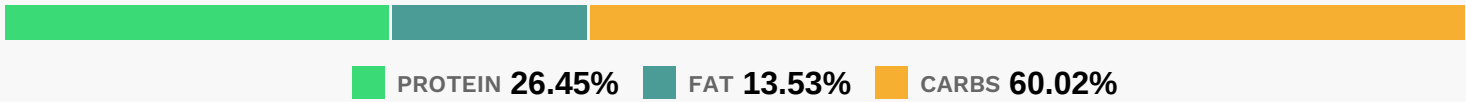
Directions

- ☐ Prepare noodles according to package directions.
- ☐ Drain.
- ☐ Combine 3 tablespoons water and next 4 ingredients (through cornstarch) in a small bowl, stirring with a whisk. Set aside.
- ☐ Combine red pepper, black pepper, and shrimp in a medium bowl; toss to coat.
- ☐ Heat a wok or a large skillet over high heat.
- ☐ Add 1 1/2 teaspoons oil to pan; swirl to coat.
- ☐ Add shrimp mixture; cook 3 minutes or until shrimp are almost done, turning once.
- ☐ Remove shrimp mixture from pan.
- ☐ Add remaining 1 1/2 teaspoons oil to pan; swirl to coat.
- ☐ Add onion, bell pepper, and ginger; cook 2 minutes, stirring occasionally. Return shrimp mixture and juice mixture to pan.
- ☐ Add mango; cook 1 minute or until liquid thickens slightly and shrimp are done.
- ☐ Sprinkle with basil.

☐

Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:71.44, Glycemic Load:21.01, Inflammation Score:-9, Nutrition Score:14.375217385266%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg

Nutrients (% of daily need)

Calories: 296.27kcal (14.81%), Fat: 4.5g (6.92%), Saturated Fat: 0.48g (3.03%), Carbohydrates: 44.92g (14.97%), Net Carbohydrates: 42.05g (15.29%), Sugar: 11.09g (12.33%), Cholesterol: 136.93mg (45.64%), Sodium: 408.37mg (17.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.79g (39.59%), Vitamin C: 67.8mg (82.18%), Vitamin A: 1812.28IU (36.25%), Phosphorus: 267.15mg (26.72%), Copper: 0.45mg (22.6%), Manganese: 0.39mg (19.48%), Vitamin K: 19.03µg (18.13%), Magnesium: 55.64mg (13.91%), Potassium: 478.83mg (13.68%), Folate: 47.87µg (11.97%), Vitamin B6: 0.24mg (11.79%), Fiber: 2.87g (11.48%), Vitamin E: 1.67mg (11.13%), Zinc: 1.65mg (10.99%), Selenium: 6.2µg (8.85%), Calcium: 87.7mg (8.77%), Iron: 1.18mg (6.57%), Vitamin B3: 0.9mg (4.5%), Vitamin B1: 0.06mg (4.3%), Vitamin B2: 0.07mg (4.17%), Vitamin B5: 0.29mg (2.92%)