



WHATSheATE



Shrimp 'n Sugar Peas Lo Mein



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5.1 oz chicken betty crocker® asian chicken helper®
- ☐ 0.3 cup peanut butter
- ☐ 1 tablespoon sesame oil
- ☐ 0.5 lb shrimp frozen thawed deveined cooked peeled
- ☐ 1 cup sugar snap peas fresh

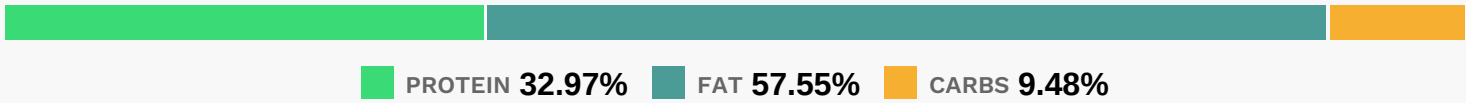
Equipment

- ☐ 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:8.6173913316882%

Nutrients (% of daily need)

Calories: 222.99kcal (11.15%), Fat: 14.69g (22.6%), Saturated Fat: 2.94g (18.38%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 4.03g (1.47%), Sugar: 2.67g (2.97%), Cholesterol: 104.3mg (34.77%), Sodium: 149.77mg (6.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.94g (37.88%), Phosphorus: 214.49mg (21.45%), Vitamin C: 14.98mg (18.15%), Vitamin B3: 3.47mg (17.36%), Manganese: 0.32mg (15.91%), Copper: 0.32mg (15.86%), Magnesium: 56.45mg (14.11%), Vitamin E: 1.67mg (11.1%), Zinc: 1.46mg (9.75%), Potassium: 322.42mg (9.21%), Vitamin B6: 0.17mg (8.58%), Iron: 1.24mg (6.89%), Vitamin K: 6.91µg (6.58%), Folate: 25.2µg (6.3%), Vitamin A: 290.6IU (5.81%), Calcium: 56.63mg (5.66%), Fiber: 1.41g (5.64%), Vitamin B5: 0.51mg (5.13%), Selenium: 3.33µg (4.76%), Vitamin B1: 0.07mg (4.63%), Vitamin B2: 0.07mg (4.19%)