



## Shrimp Noodle Bowl

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



642 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cups carrots frozen
- 2 tablespoons szechuan stir-fry sauce (recommended: San-J)
- 8 cups chicken stock see low-sodium
- 2 cups peas frozen
- 10 ounces japanese ramen noodles fresh
- 2 tablespoons sesame oil toasted
- 1 pound shrimp cooked
- 2 tablespoons soya sauce

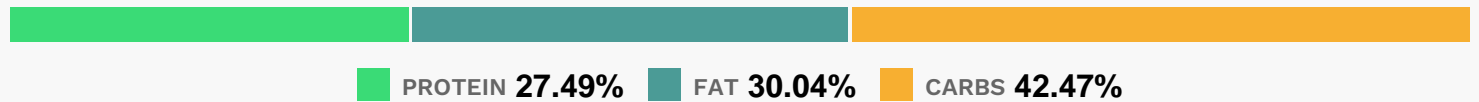
## Equipment

- bowl
- ladle
- pot
- tongs

## Directions

- To a large pot over medium-high heat, add all ingredients except noodles and shrimp. Bring to boil; reduce to simmer for 6 minutes.
- Add noodles and return to simmer for 2 minutes.
- Add shrimp and return to simmer until shrimp are heated through, about 1 to 2 minutes.
- Using tongs, divide noodles into serving bowls, add shrimp and ladle in stock.

## Nutrition Facts



## Properties

Glycemic Index:38.29, Glycemic Load:25.25, Inflammation Score:-10, Nutrition Score:31.452608771946%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 642.31kcal (32.12%), Fat: 21.95g (33.77%), Saturated Fat: 7.38g (46.12%), Carbohydrates: 69.81g (23.27%), Net Carbohydrates: 62.18g (22.61%), Sugar: 10.76g (11.95%), Cholesterol: 182.57mg (60.86%), Sodium: 2360.06mg (102.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.2g (90.4%), Vitamin A: 11254.97IU (225.1%), Vitamin B1: 0.97mg (64.65%), Vitamin B3: 11.86mg (59.31%), Phosphorus: 581.01mg (58.1%), Copper: 0.98mg (48.8%), Manganese: 0.83mg (41.38%), Vitamin C: 32.99mg (39.99%), Folate: 140.99µg (35.25%), Potassium: 1232.94mg (35.23%), Iron: 5.89mg (32.75%), Fiber: 7.63g (30.51%), Vitamin K: 31.42µg (29.92%), Vitamin B2: 0.47mg

(27.74%), Zinc: 3.69mg (24.57%), Magnesium: 95.92mg (23.98%), Vitamin B6: 0.34mg (16.89%), Calcium: 153.05mg (15.31%), Selenium: 8.53µg (12.18%), Vitamin E: 1.68mg (11.23%), Vitamin B12: 0.65µg (10.82%), Vitamin B5: 0.48mg (4.8%)