



Shrimp Stir Fry With Egg Noodles



Dairy Free

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READY IN

ready

30 min.

SERVINGS

servings

6

CALORIES

calories

294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup baby corns drained
- ☐ 0.5 cup bamboo skewers canned drained sliced
- ☐ 0.8 cup broccoli florets
- ☐ 1 pound extra wide egg noodles fresh chinese
- ☐ 1 clove garlic chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion chopped
- ☐ 3 tablespoons oyster sauce

- ☐ 0.5 cup bell pepper red chopped
- ☐ 1 tablespoon pepper flakes red to taste
- ☐ 2 cups shrimp cooked
- ☐ 0.5 cup water chestnuts drained sliced

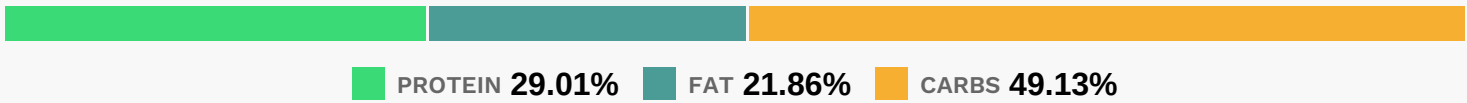
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in noodles and return to a boil. Cook until the pasta floats to the top, 1 to 2 minutes; drain.
- ☐ Heat oil in a large skillet over medium-high heat; cook and stir onion and garlic for about 1 minute.
- ☐ Add broccoli and bell pepper; cook and stir until just tender, about 3 minutes. Stir in shrimp, water chestnuts, baby corn, bamboo shoots, oyster sauce, and red pepper flakes. Continue cooking until shrimp and vegetables are heated through, about 3 minutes more.
- ☐ Serve shrimp and vegetables over noodles.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:2.75, Inflammation Score:-6, Nutrition Score:10.288695672284%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 293.63kcal (14.68%), Fat: 7.26g (11.18%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 36.73g (12.24%), Net Carbohydrates: 32.6g (11.85%), Sugar: 3.86g (4.28%), Cholesterol: 126.97mg (42.32%), Sodium: 498.06mg (21.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.69g (43.38%), Vitamin C: 28.53mg (34.59%), Phosphorus: 213.66mg (21.37%), Copper: 0.4mg (20.07%), Vitamin A: 911.62IU (18.23%), Fiber: 4.13g (16.53%), Vitamin K: 16.61µg (15.82%), Iron: 2.75mg (15.27%), Potassium: 406.37mg (11.61%), Vitamin E: 1.71mg (11.42%), Magnesium: 42.27mg (10.57%), Zinc: 1.54mg (10.29%), Manganese: 0.2mg (9.8%), Vitamin B6: 0.19mg (9.75%), Calcium: 69.73mg (6.97%), Folate: 23.17µg (5.79%), Vitamin B3: 0.97mg (4.85%), Vitamin B2: 0.07mg (4.28%), Vitamin B5: 0.35mg (3.5%), Vitamin B1: 0.05mg (3.33%), Selenium: 1.39µg (1.99%)