



Shrimp with Thai Noodles and Peanut Sauce

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup water
- 0.5 cup creamy peanut butter
- 0.3 cup salad dressing italian
- 1 tablespoon brown sugar
- 2 tablespoons soya sauce
- 1 teaspoon ginger grated
- 0.5 teaspoon pepper red crushed
- 7 oz vermicelli

- 1 lb shrimp shelled deveined cooked
- 1 medium bell pepper red cut into thin bite-sized strips
- 0.3 cup spring onion sliced
- 1 medium lime cut into wedges

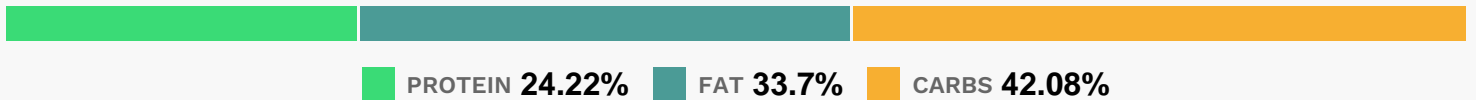
Equipment

- sauce pan

Directions

- In small saucepan, combine water, peanut butter, salad dressing, brown sugar, soy sauce, gingerroot and red pepper flakes. Cook over medium-low heat until smooth and warm, stirring frequently. Set aside.
- Cook rice noodles as directed on package, adding shrimp during last minute of cooking time.
- Drain well; return to saucepan.
- Add bell pepper, onions and peanut butter mixture to rice noodles and shrimp; toss gently to mix.
- Serve with lime wedges. If desired, garnish with additional green onion tops.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:25.24, Inflammation Score:-8, Nutrition Score:18.856521689374%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 537.42kcal (26.87%), Fat: 20.62g (31.72%), Saturated Fat: 3.91g (24.45%), Carbohydrates: 57.93g (19.31%), Net Carbohydrates: 54.17g (19.7%), Sugar: 9.74g (10.82%), Cholesterol: 182.57mg (60.86%), Sodium: 1021.92mg

(44.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.33g (66.67%), Vitamin C: 44.21mg (53.59%), Phosphorus: 455.91mg (45.59%), Manganese: 0.86mg (42.94%), Copper: 0.67mg (33.29%), Magnesium: 111.61mg (27.9%), Vitamin E: 3.9mg (25.98%), Vitamin B3: 5.17mg (25.84%), Vitamin K: 23.08µg (21.98%), Vitamin A: 1081.57IU (21.63%), Zinc: 2.89mg (19.27%), Potassium: 635.61mg (18.16%), Fiber: 3.77g (15.07%), Vitamin B6: 0.28mg (14.14%), Selenium: 9.4µg (13.43%), Folate: 50.02µg (12.51%), Iron: 2.14mg (11.87%), Calcium: 117.85mg (11.79%), Vitamin B2: 0.12mg (7.05%), Vitamin B1: 0.09mg (6.23%), Vitamin B5: 0.54mg (5.44%)