



Singapore Noodle Curry Shrimp

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups baby peas frozen
- 0.7 cup chicken broth
- 1.5 teaspoons curry powder
- 1 teaspoon ginger root fresh minced
- 1 clove garlic minced
- 4 green onions chopped
- 1 tablespoon oyster sauce
- 3 tablespoons vegetable oil; peanut oil preferred

- 1 small bell pepper diced red
- 1 small onion red chopped
- 8 ounce rice noodles
- 12 ounce cocktail shrimp frozen cooked
- 1.5 tablespoons soya sauce
- 1.5 teaspoons sugar white

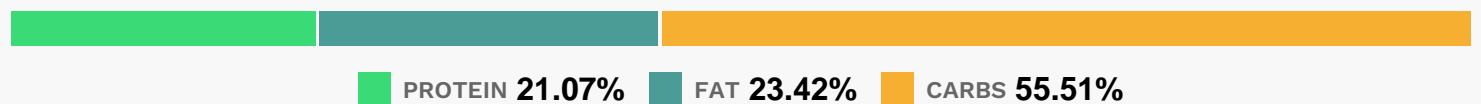
Equipment

- bowl
- frying pan

Directions

- Combine chicken broth, oyster sauce, soy sauce and sugar in a small bowl, and set aside.
- In a large skillet, heat the oil over medium-high heat.
- Add curry powder, garlic, and ginger; stir-fry for 10 seconds.
- Add peppers, onions, and scallions; stir-fry for 3 to 5 minutes. Stir in chicken stock mixture, and bring to a boil over high heat.
- Add shrimp and peas, and cook until hot.
- Add noodles, and cook until dish is heated thoroughly.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:54.74, Glycemic Load:20.74, Inflammation Score:-7, Nutrition Score:11.763478114553%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 302.41kcal (15.12%), Fat: 7.86g (12.09%), Saturated Fat: 1.36g (8.49%), Carbohydrates: 41.93g (13.98%), Net Carbohydrates: 38.25g (13.91%), Sugar: 4.75g (5.28%), Cholesterol: 91.81mg (30.6%), Sodium: 571.13mg (24.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.91g (31.83%), Vitamin C: 33.38mg (40.46%), Vitamin K: 26.78µg (25.51%), Phosphorus: 239.98mg (24%), Manganese: 0.47mg (23.63%), Copper: 0.35mg (17.58%), Vitamin A: 749.09IU (14.98%), Fiber: 3.68g (14.71%), Magnesium: 44.98mg (11.24%), Zinc: 1.65mg (11%), Folate: 41.05µg (10.26%), Vitamin E: 1.51mg (10.07%), Potassium: 351.33mg (10.04%), Selenium: 6.95µg (9.93%), Vitamin B1: 0.14mg (9.23%), Iron: 1.59mg (8.86%), Vitamin B6: 0.15mg (7.58%), Calcium: 69.26mg (6.93%), Vitamin B3: 1.33mg (6.64%), Vitamin B2: 0.1mg (6.14%), Vitamin B5: 0.15mg (1.48%)