



Singapore Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



268 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 sprigs cilantro leaves trimmed
- 2 teaspoons curry powder
- 1.5 tablespoons fish sauce
- 0.5 cup peas fresh green frozen shelled thawed
- 6 ounces roasted diced thick
- 6 servings pepper black freshly ground
- 1 small onion cut into thin wedges
- 8 ounces vermicelli dried

- 24 small tiger prawns deveined peeled
- 3 tablespoons vegetable oil

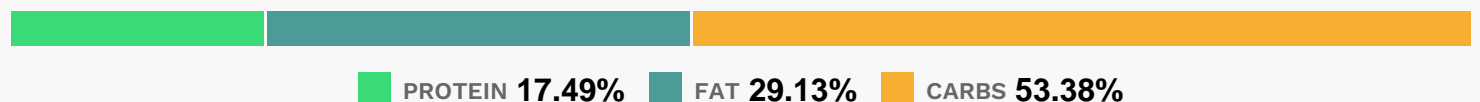
Equipment

- bowl
- frying pan
- pot
- sieve
- wok
- tongs

Directions

- Bring a pot of water to a boil over high heat and cook the noodles until tender yet firm, about 10 seconds. Use a strainer and tongs to pick up the noodles and transfer them to a bowl. In the same water cook the shrimp until opaque, about 1 minute, and drain.
- Heat 1 tablespoon of the oil in a large skillet or wok over high heat. Stir-fry the onion until golden, 3 to 5 minutes.
- Add the remaining 2 tablespoons of oil, the noodles, and peas, and sprinkle the curry powder over the top. Toss well, making sure all of the noodles become yellow.
- Add the pork, shrimp, and fish sauce, and continue to stir-fry until the noodles are heated through, about 5 minutes. Adjust the seasoning with salt and pepper, if necessary, and serve garnished with cilantro.
- From Noodles Every Day: Delicious Asian Recipes from Ramen to Rice Sticks by Corinne Trang. Text copyright © 2009 by Corinne Trang. Photographs copyright © 2009 by Maura McEvoy. Published by Chronicle Books.

Nutrition Facts



Properties

Glycemic Index:33.06, Glycemic Load:18.63, Inflammation Score:-4, Nutrition Score:9.2373913526535%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 268.28kcal (13.41%), Fat: 8.53g (13.13%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 35.17g (11.72%), Net Carbohydrates: 33.37g (12.14%), Sugar: 1.38g (1.54%), Cholesterol: 43.06mg (14.35%), Sodium: 551.6mg (23.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.52g (23.05%), Selenium: 20.3µg (29.01%), Vitamin K: 23.33µg (22.22%), Phosphorus: 190.72mg (19.07%), Manganese: 0.32mg (16.1%), Vitamin B6: 0.32mg (15.77%), Vitamin B3: 2.49mg (12.43%), Vitamin B1: 0.18mg (12.18%), Zinc: 1.2mg (8.01%), Magnesium: 31.78mg (7.94%), Vitamin C: 6.4mg (7.75%), Fiber: 1.8g (7.2%), Vitamin E: 1.08mg (7.19%), Vitamin B12: 0.39µg (6.47%), Potassium: 222.64mg (6.36%), Copper: 0.12mg (6.11%), Vitamin A: 286.29IU (5.73%), Vitamin B2: 0.09mg (5.28%), Iron: 0.94mg (5.25%), Folate: 19.72µg (4.93%), Vitamin B5: 0.34mg (3.39%), Calcium: 31.78mg (3.18%)