



WHATSheATE



Singapore-Style Noodles



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 slices bacon cut into 1-inch pieces
- ☐ 1 cup bell pepper red ()
- ☐ 0.3 teaspoon pepper black
- ☐ 5 teaspoons cooking oil divided
- ☐ 2 teaspoons sriracha (such as Lee Kum Kee)
- ☐ 0.1 teaspoon coriander seeds
- ☐ 0.3 teaspoon cumin seeds
- ☐ 1.5 teaspoons ginger fresh divided grated peeled

- ☐ 1 cup spring onion (1-inch)
- ☐ 0.1 teaspoon pepper red
- ☐ 1 tablespoon hoisin sauce
- ☐ 2 tablespoons soy sauce low-sodium
- ☐ 0.1 teaspoon mustard seeds
- ☐ 5 ounces vermicelli uncooked
- ☐ 1 tablespoon rice vinegar
- ☐ 0.3 teaspoon salt divided
- ☐ 1 pound shrimp deveined peeled

Equipment

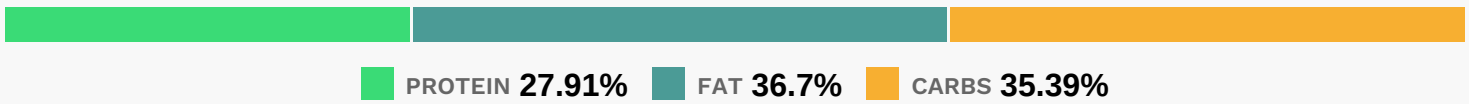
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler
- ☐ slotted spoon

Directions

- ☐ Soak noodles in warm water 2 minutes.
- ☐ Drain well.
- ☐ Combine cumin, coriander, mustard seeds, and clove in a spice or coffee grinder; pulse until finely ground. Stir in red pepper.
- ☐ Preheat broiler.
- ☐ Combine green onions, 2 teaspoons oil, and bacon.
- ☐ Place onion mixture on a rimmed baking sheet coated with cooking spray. Broil 5 minutes.
- ☐ Add shrimp to mixture; toss. Arrange shrimp in a single layer. Broil 5 minutes or until shrimp and bacon are done.
- ☐ Transfer mixture to a bowl using a slotted spoon. Stir in black pepper and 1/8 teaspoon salt.

- ☐ Combine cumin mixture, remaining 1/8 teaspoon salt, soy sauce, vinegar, hoisin, chili garlic sauce, and 1/2 teaspoon ginger.
- ☐ Heat remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add bell pepper to pan; saut 2 minutes.
- ☐ Add remaining 1 teaspoon ginger; saut 45 seconds.
- ☐ Add to shrimp mixture.
- ☐ Return skillet to medium-high heat.
- ☐ Add soy sauce mixture and noodles; cook 1 minute or until thoroughly heated, tossing to coat.
- ☐ Place about 3/4 cup noodles on each of 4 plates. Top each serving with about 1 cup shrimp mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:17.67, Inflammation Score:0, Nutrition Score:16.817826032639%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 421.12kcal (21.06%), Fat: 17.09g (26.3%), Saturated Fat: 4.26g (26.61%), Carbohydrates: 37.09g (12.36%), Net Carbohydrates: 34.71g (12.62%), Sugar: 3.74g (4.15%), Cholesterol: 200.84mg (66.95%), Sodium: 1008.41mg (43.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.25g (58.51%), Vitamin C: 52.46mg (63.59%), Vitamin K: 57.48µg (54.74%), Phosphorus: 372.59mg (37.26%), Vitamin A: 1428.6IU (28.57%), Copper: 0.53mg (26.28%), Manganese: 0.38mg (18.93%), Selenium: 11.43µg (16.33%), Magnesium: 64.89mg (16.22%), Zinc: 2.39mg (15.95%), Potassium: 554.4mg (15.84%), Vitamin E: 1.78mg (11.84%), Vitamin B6: 0.22mg (11%), Calcium: 107.75mg (10.78%), Iron: 1.76mg (9.76%), Folate: 38.92µg (9.73%), Fiber: 2.38g (9.53%), Vitamin B3: 1.84mg (9.19%), Vitamin B1: 0.13mg (8.41%), Vitamin B2: 0.11mg (6.43%), Vitamin B5: 0.34mg (3.41%), Vitamin B12: 0.14µg (2.29%)