



Southeast Asian Rice Noodles with Calamari and Herbs

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



526 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon fish sauce
- ☐ 1 cucumber sliced into thin half-moons
- ☐ 6 tablespoons juice of lime fresh
- ☐ 1 cup mint leaves mixed coarsely chopped
- ☐ 0.8 teaspoon pepper red hot
- ☐ 8 ounces vermicelli dried (rice vermicelli)
- ☐ 2 spring onion thinly sliced

- ☐ 1 pound squid rings cleaned halved cut into 1/3-inch-thick rings and tentacles
- ☐ 2 teaspoons sugar
- ☐ 6 tablespoons vegetable oil

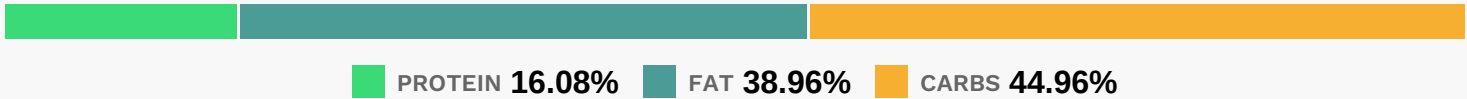
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Cook squid in a 5-quart pot of well-salted boiling water, stirring once, until just opaque, about 1 minute.
- ☐ Transfer with a slotted spoon to an ice bath to stop cooking, reserving boiling water in pot.
- ☐ Boil noodles in same water until just tender, about 3 minutes.
- ☐ When squid is cool, transfer to a plate, reserving ice bath, and pat dry.
- ☐ Drain noodles, then transfer to ice bath to stop cooking.
- ☐ Drain well, then snip with kitchen shears 2 or 3 times.
- ☐ Meanwhile, whisk together lime juice, fish sauce, sugar, red pepper flakes, and 1 teaspoon salt in a large bowl until sugar has dissolved.
- ☐ Add oil in a slow stream, whisking until combined.
- ☐ Add noodles and calamari to dressing with cucumber, scallions, and herbs and toss well.

Nutrition Facts



Properties

Glycemic Index:43.77, Glycemic Load:28.5, Inflammation Score:-6, Nutrition Score:23.859130527662%

Flavonoids

Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg Hesperetin: 3.16mg, Hesperetin: 3.16mg, Hesperetin: 3.16mg, Hesperetin: 3.16mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 525.8kcal (26.29%), Fat: 22.6g (34.76%), Saturated Fat: 3.65g (22.84%), Carbohydrates: 58.66g (19.55%), Net Carbohydrates: 55.95g (20.35%), Sugar: 3.74g (4.16%), Cholesterol: 264.22mg (88.07%), Sodium: 518.9mg (22.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.99g (41.97%), Copper: 2.29mg (114.75%), Selenium: 60µg (85.71%), Vitamin K: 55.87µg (53.21%), Phosphorus: 368.13mg (36.81%), Vitamin B2: 0.54mg (31.77%), Manganese: 0.54mg (26.98%), Vitamin B12: 1.5µg (24.93%), Vitamin C: 19.21mg (23.29%), Vitamin E: 3.28mg (21.85%), Magnesium: 73.66mg (18.41%), Zinc: 2.47mg (16.49%), Vitamin B3: 3.03mg (15.14%), Vitamin A: 752.12IU (15.04%), Potassium: 525.18mg (15.01%), Iron: 2.12mg (11.77%), Fiber: 2.71g (10.83%), Folate: 39.19µg (9.8%), Calcium: 94.99mg (9.5%), Vitamin B5: 0.85mg (8.55%), Vitamin B6: 0.16mg (8.13%), Vitamin B1: 0.08mg (5.54%)