



Spicy Peanut Shrimp Rice Noodles

READY IN



60 min.

SERVINGS



4

CALORIES



502 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon chile paste red to taste
- 2 tablespoons creamy peanut butter
- 29 ounce fire-roasted tomatoes diced canned
- 0.3 cup cilantro leaves fresh chopped to taste
- 4 cloves garlic
- 0.3 cup peanuts chopped to taste
- 0.5 teaspoon pepper flakes red
- 8 ounce wide rice noodles
- 1 pound shrimp frozen thawed

- 1 tablespoon vegetable oil
- 4 servings water hot to cover
- 0.8 onion white chopped
- 0.3 cup yogurt greek-style to taste

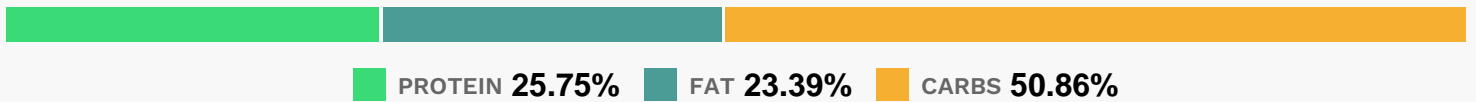
Equipment

- bowl
- frying pan

Directions

- Heat vegetable oil in a large pan or skillet over medium heat; saute onion, garlic, and red pepper flakes until garlic is slightly browned, 2 to 3 minutes.
- Add shrimp; cook and stir until shrimp begin to firm, about 5 minutes.
- Stir tomatoes, peanut butter, and red chile paste into shrimp mixture; bring to a boil. Reduce heat and simmer until sauce thickens, about 20 minutes.
- Place noodles in a large bowl and cover with hot water. Set aside until noodles are softened, about 15 minutes.
- Drain and rinse thoroughly.
- Divide noodles among serving plates; top with shrimp sauce.
- Garnish each serving with cilantro, yogurt, and peanuts.

Nutrition Facts



Properties

Glycemic Index:43.81, Glycemic Load:27.83, Inflammation Score:-7, Nutrition Score:14.188695669174%

Flavonoids

Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 502.45kcal (25.12%), Fat: 13.04g (20.06%), Saturated Fat: 2.26g (14.11%), Carbohydrates: 63.79g (21.26%), Net Carbohydrates: 59.52g (21.64%), Sugar: 7.04g (7.82%), Cholesterol: 183.2mg (61.07%), Sodium: 613.46mg (26.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.3g (64.61%), Phosphorus: 421.4mg (42.14%), Manganese: 0.76mg (38.22%), Copper: 0.67mg (33.34%), Magnesium: 84.5mg (21.13%), Vitamin A: 967.41IU (19.35%), Calcium: 190.92mg (19.09%), Fiber: 4.28g (17.1%), Zinc: 2.51mg (16.76%), Selenium: 11.39µg (16.27%), Iron: 2.77mg (15.37%), Potassium: 503.87mg (14.4%), Vitamin B3: 2.77mg (13.87%), Vitamin K: 9.79µg (9.32%), Folate: 36.18µg (9.04%), Vitamin C: 6.63mg (8.04%), Vitamin B6: 0.15mg (7.72%), Vitamin E: 1.14mg (7.59%), Vitamin B1: 0.11mg (7.39%), Vitamin B2: 0.09mg (5.06%), Vitamin B5: 0.37mg (3.68%), Vitamin B12: 0.09µg (1.46%)