



Spicy Shrimp and Bok Choy Noodle Bowl

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium bok choy trimmed cut into 3-inch pieces, then cut sticks lengthwise
- 1 quart chicken broth
- 4 cloves garlic chopped
- 2 inches ginger root grated peeled very thin cut into matchsticks or
- 2 teaspoons pepper flakes red crushed
- 0.5 pound vermicelli thin (spaghetti)
- 4 servings salt and pepper
- 4 scallions shredded cut into 3 inch pieces, then lengthwise into thin sticks

- 1 cup seafood stock
- 0.5 pound shiitake mushroom caps sliced
- 1.5 pounds and shrimp deveined peeled
- 3 tablespoons vegetable oil

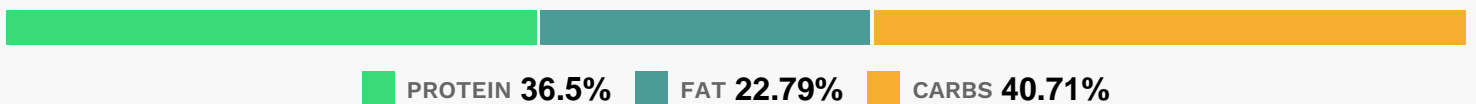
Equipment

- frying pan
- pot

Directions

- Heat a medium soup pot over medium-high heat.
- Add vegetable oil, 3 turns of the pan, crushed red pepper flakes, garlic, ginger, mushrooms, and bok choy, then season with salt and pepper.
- Add chicken broth and seafood stock or clam juice. Put a lid on the pot and bring soup to a boil.
- Add shrimp and noodles and cook 3 minutes.
- Add in scallions and cook 2 minutes, then turn off soup and let it sit 2 to 3 minutes more. Adjust salt and serve.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:18.34, Inflammation Score:-10, Nutrition Score:39.747826006102%

Flavonoids

Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 9.26mg, Kaempferol: 9.26mg, Kaempferol: 9.26mg, Kaempferol: 9.26mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 529.57kcal (26.48%), Fat: 13.69g (21.06%), Saturated Fat: 2.09g (13.07%), Carbohydrates: 55.04g (18.35%), Net Carbohydrates: 48.92g (17.79%), Sugar: 6.85g (7.62%), Cholesterol: 278.59mg (92.86%), Sodium: 1632.22mg (70.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.35g (98.69%), Vitamin A: 9806.38IU (196.13%), Vitamin K: 140.44µg (133.75%), Vitamin C: 97.87mg (118.64%), Phosphorus: 653.36mg (65.34%), Manganese: 1.24mg (62.2%), Selenium: 42.22µg (60.31%), Copper: 1.06mg (52.86%), Folate: 167.05µg (41.76%), Potassium: 1451.32mg (41.47%), Calcium: 388.22mg (38.82%), Magnesium: 149.95mg (37.49%), Vitamin B6: 0.73mg (36.56%), Zinc: 4.43mg (29.5%), Vitamin B3: 5.79mg (28.96%), Vitamin B2: 0.49mg (28.55%), Fiber: 6.12g (24.5%), Iron: 4.25mg (23.63%), Vitamin B1: 0.21mg (13.95%), Vitamin B5: 1.34mg (13.44%), Vitamin E: 1.73mg (11.54%), Vitamin B12: 0.11µg (1.81%), Vitamin D: 0.23µg (1.51%)