



WHATSheATE



Spicy Shrimp Noodle Bowl



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



724 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup carrots shredded
- ☐ 29 oz chicken broth canned
- ☐ 0.3 cup cilantro leaves fresh loosely packed
- ☐ 3 spring onion thinly sliced
- ☐ 0.3 cup sauce
- ☐ 2 cups napa cabbage shredded
- ☐ 8.2 oz soup noodles asian-style
- ☐ 1 pound shrimp raw deveined peeled ()

☐ 1 cup snow peas fresh trimmed cut into 1-inch pieces

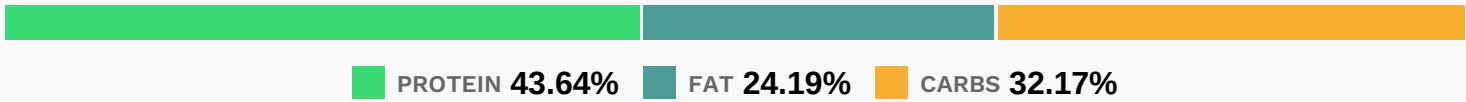
Equipment

☐ sauce pan

Directions

- ☐ Cook noodles according to package directions; drain.
- ☐ Stir together flavor packet from noodles and chicken broth in a 3-qt. saucepan. Bring to a boil; add shrimp, and cook 3 minutes. Stir in Szechuan sauce and next 3 ingredients. Cook 2 minutes. Stir in noodles, cilantro, and green onions.
- ☐ Note: We tested with Annie Chun's All Natural Asian Cuisine Teriyaki Meal Starter and House of Tsang Szechuan Spicy Stir Fry Sauce.

Nutrition Facts



Properties

Glycemic Index:46.21, Glycemic Load:18.59, Inflammation Score:-10, Nutrition Score:34.615652374599%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 723.72kcal (36.19%), Fat: 18.89g (29.06%), Saturated Fat: 4.95g (30.95%), Carbohydrates: 56.54g (18.85%), Net Carbohydrates: 52.65g (19.15%), Sugar: 7.84g (8.71%), Cholesterol: 245.65mg (81.88%), Sodium: 1836.3mg (79.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 76.7g (153.39%), Selenium: 108.6µg (155.14%), Vitamin A: 5121.72IU (102.43%), Phosphorus: 737.21mg (73.72%), Vitamin B12: 3.31µg (55.23%), Vitamin K: 52.45µg (49.95%), Zinc: 7.31mg (48.73%), Vitamin B3: 8.53mg (42.65%), Vitamin B6: 0.82mg (41.15%), Manganese: 0.75mg (37.54%), Vitamin C: 28.34mg (34.35%), Magnesium: 110.56mg (27.64%), Copper: 0.53mg (26.53%), Iron: 4.52mg (25.09%), Potassium: 818.5mg (23.39%), Folate: 87.37µg (21.84%), Vitamin B2: 0.32mg (18.75%), Vitamin E: 2.59mg (17.28%), Calcium: 157.08mg (15.71%), Fiber: 3.89g (15.55%), Vitamin B1: 0.15mg (9.89%), Vitamin B5: 0.9mg (9.04%), Vitamin D: 0.32µg (2.13%)