



Sweet and Spicy Shrimp with Rice Noodles

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup matchstick-cut carrot
- ☐ 2 tablespoons cashew pieces unsalted chopped
- ☐ 0.8 cup bean sprouts fresh
- ☐ 2 teaspoons ginger fresh peeled chopped
- ☐ 1 tablespoon garlic thinly sliced
- ☐ 2.5 teaspoons honey
- ☐ 1 tablespoon lower-sodium soy sauce
- ☐ 1 tablespoon vegetable oil; peanut oil preferred

- ☐ 12 pasilla peppers sweet mini halved
- ☐ 4 ounces flat rice noodles uncooked (pad thai noodles)
- ☐ 1 tablespoon rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 12 ounces shrimp deveined peeled
- ☐ 0.8 cup snow peas trimmed
- ☐ 1 thai chile green halved
- ☐ 1 tablespoon sambal oelek fresh such as huy fong)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok
- ☐ slotted spoon

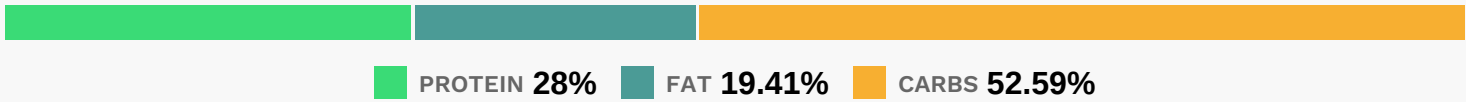
Directions

- ☐ Combine first 4 ingredients in a medium bowl, stirring well with a whisk.
- ☐ Add shrimp to vinegar mixture; toss to coat. Cover and refrigerate 30 minutes.
- ☐ Cook noodles according to package directions, omitting salt and fat; drain. Rinse with cold water; drain.
- ☐ Heat a large skillet or wok over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add cashews, garlic, ginger, and chile to pan; stir-fry 1 minute or until garlic begins to brown.
- ☐ Remove cashew mixture from pan with a slotted spoon, and set aside.
- ☐ Increase heat to high.
- ☐ Add sweet peppers, carrot, and salt to pan; stir-fry 2 minutes.
- ☐ Add shrimp mixture (do not drain); stir-fry 2 minutes. Stir in noodles and peas; cook 1 minute, tossing to coat. Return cashew mixture to pan.

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Add bean sprouts; cook 1 minute or until thoroughly heated, tossing frequently.

Nutrition Facts



Properties

Glycemic Index:77.33, Glycemic Load:17.67, Inflammation Score:-10, Nutrition Score:21.088260837223%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg 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: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 303.86kcal (15.19%), Fat: 6.71g (10.32%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 40.91g (13.64%), Net Carbohydrates: 36.89g (13.42%), Sugar: 10.55g (11.72%), Cholesterol: 136.93mg (45.64%), Sodium: 466.15mg (20.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.78g (43.56%), Vitamin C: 125.71mg (152.38%), Vitamin A: 6860.29IU (137.21%), Phosphorus: 318.34mg (31.83%), Copper: 0.55mg (27.73%), Manganese: 0.52mg (26.12%), Vitamin B6: 0.39mg (19.58%), Vitamin K: 20.23µg (19.27%), Magnesium: 73.72mg (18.43%), Potassium: 631.86mg (18.05%), Folate: 67.5µg (16.88%), Fiber: 4.01g (16.05%), Vitamin E: 2.21mg (14.71%), Zinc: 2.11mg (14.09%), Iron: 2.12mg (11.8%), Vitamin B1: 0.15mg (9.68%), Calcium: 92.13mg (9.21%), Vitamin B2: 0.15mg (8.78%), Selenium: 6.04µg (8.63%), Vitamin B3: 1.57mg (7.87%), Vitamin B5: 0.63mg (6.32%)