



WHATSheATE



Teriyaki prawns & broccoli noodles



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



553 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 50 ml soy sauce low-sodium
- ☐ 50 ml mirin
- ☐ 2 tbsp juice of lemon
- ☐ 1.5 tbsp sugar
- ☐ 200 g soup noodles
- ☐ 140 g broccoli
- ☐ 140 g shrimp cooked
- ☐ 1 small to 5 chillies red thinly sliced

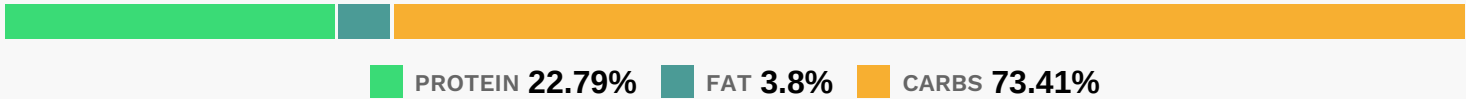
Equipment

sauce pan

Directions

In a small saucepan, heat the soy sauce, mirin, lemon juice and sugar. Simmer for 5 mins until syrupy, then remove from the heat. Bring a large saucepan of salted water to the boil, then cook the noodles and broccoli for about 3 mins, adding the prawns a few secs before draining. Divide the mixture between 2 plates, pour the warm teriyaki sauce over the top, sprinkle with the red chilli and serve.

Nutrition Facts



Properties

Glycemic Index:94.55, Glycemic Load:37.95, Inflammation Score:-8, Nutrition Score:27.533478239308%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 5.49mg, Kaempferol: 5.49mg, Kaempferol: 5.49mg, Kaempferol: 5.49mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 553.27kcal (27.66%), Fat: 2.37g (3.65%), Saturated Fat: 0.45g (2.83%), Carbohydrates: 103.07g (34.36%), Net Carbohydrates: 97.48g (35.45%), Sugar: 20.42g (22.68%), Cholesterol: 112.7mg (37.57%), Sodium: 1275.48mg (55.46%), Alcohol: 2.49g (100%), Alcohol %: 0.93% (100%), Protein: 32g (63.99%), Vitamin C: 100.58mg (121.91%), Selenium: 65.27µg (93.24%), Vitamin K: 74.65µg (71.1%), Manganese: 1.25mg (62.28%), Phosphorus: 440.6mg (44.06%), Copper: 0.64mg (32.11%), Magnesium: 116.87mg (29.22%), Potassium: 811.93mg (23.2%), Fiber: 5.59g (22.36%), Vitamin B6: 0.43mg (21.42%), Folate: 82.13µg (20.53%), Zinc: 2.91mg (19.43%), Iron: 2.79mg (15.48%), Vitamin B3: 2.75mg (13.74%), Vitamin B2: 0.23mg (13.52%), Vitamin A: 651.2IU (13.02%), Vitamin B1: 0.17mg (11.35%), Calcium: 110.92mg (11.09%), Vitamin B5: 0.98mg (9.83%), Vitamin E: 0.94mg (6.29%)