



# Thai Chicken and Shrimp Noodle Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



313 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 6 servings available in the asian foods section of some supermarkets and at asian markets
- 6 servings available in the asian foods section of some supermarkets and at asian markets dried (also known as cellophane or transparent noodles)
- 0.5 cup basil fresh packed
- 3.5 ounces bean sprouts rinsed
- 250 grams vermicelli
- 12 cherry tomatoes halved
- 2 tablespoons chilli sauce sweet
- 0.5 cup cilantro leaves fresh packed

- 2 tablespoons fish sauce (such as nam pla or nuoc nam)
- 1 lime cut into 6 wedges
- 2 tablespoons juice of lime fresh
- 0.5 cup mint leaves fresh packed
- 2 tablespoons peanuts toasted chopped
- 1 jalapeno red with seeds, sliced into thin rings
- 0.3 cup shallots thinly sliced
- 1.5 cups chicken shredded cooked
- 12 medium shrimp deveined cooked peeled
- 1 tablespoon sugar
- 1 tablespoon vegetable oil

## Equipment

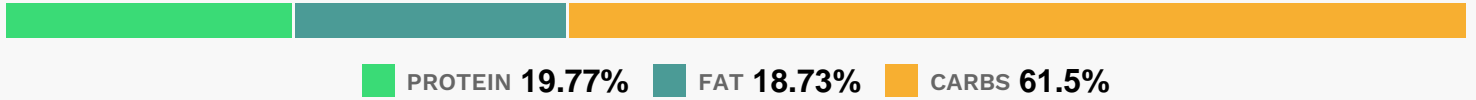
- bowl
- whisk
- kitchen scissors

## Directions

- Whisk first 5 ingredients in large bowl to blend. DO AHEAD Dressing can be prepared 2 hours ahead.
- Let stand at room temperature.
- Place noodles in another large bowl. Cover with boiling water.
- Let stand until softened, about 4 minutes.
- Drain and rinse under cold water to cool; drain well. Insert scissors into noodles; cut several times.
- Transfer to bowl with dressing.
- Add tomatoes and all remaining ingredients, except peanuts and lime wedges, to noodles; toss to coat.
- Divide among 6 plates.

Sprinkle with peanuts; garnish with lime wedges.

## Nutrition Facts



### Properties

Glycemic Index:63.89, Glycemic Load:2.42, Inflammation Score:-6, Nutrition Score:11.543478198673%

### Flavonoids

Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg Hesperetin: 5.63mg, Hesperetin: 5.63mg, Hesperetin: 5.63mg, Hesperetin: 5.63mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

### Nutrients (% of daily need)

Calories: 312.96kcal (15.65%), Fat: 6.59g (10.14%), Saturated Fat: 1.29g (8.08%), Carbohydrates: 48.69g (16.23%), Net Carbohydrates: 46.36g (16.86%), Sugar: 7.9g (8.78%), Cholesterol: 58.45mg (19.48%), Sodium: 592.28mg (25.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.66g (31.31%), Vitamin C: 21.24mg (25.74%), Vitamin K: 23.54µg (22.42%), Vitamin B3: 4.02mg (20.11%), Selenium: 13.21µg (18.88%), Manganese: 0.35mg (17.26%), Phosphorus: 172.41mg (17.24%), Vitamin B6: 0.32mg (15.84%), Iron: 2.54mg (14.12%), Vitamin A: 671.96IU (13.44%), Copper: 0.27mg (13.29%), Magnesium: 48.37mg (12.09%), Potassium: 385.07mg (11%), Folate: 41.59µg (10.4%), Vitamin B1: 0.15mg (10.32%), Fiber: 2.33g (9.33%), Zinc: 1.32mg (8.78%), Vitamin B5: 0.66mg (6.56%), Vitamin B2: 0.11mg (6.51%), Calcium: 63.06mg (6.31%), Vitamin E: 0.55mg (3.69%), Vitamin B12: 0.13µg (2.17%)