



Thai Chicken and Shrimp Noodle Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



312 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 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



 **PROTEIN 19.78%**  **FAT 18.78%**  **CARBS 61.44%**

Properties

Glycemic Index:48.89, Glycemic Load:2.33, Inflammation Score:-6, Nutrition Score:11.361304448998%

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, 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: 311.68kcal (15.58%), Fat: 6.58g (10.12%), Saturated Fat: 1.29g (8.06%), Carbohydrates: 48.42g (16.14%), Net Carbohydrates: 46.17g (16.79%), Sugar: 7.9g (8.78%), Cholesterol: 58.45mg (19.48%), Sodium: 591.34mg (25.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.59g (31.18%), Vitamin C: 21.03mg (25.49%), Vitamin K: 23.54µg (22.42%), Vitamin B3: 4mg (19.99%), Selenium: 13.21µg (18.87%), Phosphorus: 171.23mg (17.12%), Manganese: 0.34mg (17.02%), Vitamin B6: 0.31mg (15.74%), Iron: 2.52mg (14.02%), Copper: 0.26mg (13.19%), Magnesium: 47.89mg (11.97%), Vitamin A: 570.4IU (11.41%), Potassium: 380.83mg (10.88%), Folate: 41.01µg (10.25%), Vitamin B1: 0.15mg (10.16%), Fiber: 2.25g (9.01%), Zinc: 1.31mg (8.72%), Vitamin B5: 0.65mg (6.52%), Vitamin B2: 0.11mg (6.41%), Calcium: 62.56mg (6.26%), Vitamin E: 0.55mg (3.69%), Vitamin B12: 0.13µg (2.17%)