



Thai Noodles with Peanut Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



358 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.8 cup cucumber peeled seeded finely chopped
- ☐ 2 tablespoons dry-roasted peanuts chopped
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions sliced
- ☐ 1 lime cut into 6 wedges

- ☐ 1 large bell pepper red cut into thin strips
- ☐ 1 teaspoon curry paste red
- ☐ 8 ounces rice noodles uncooked
- ☐ 1 tablespoon rice wine vinegar
- ☐ 0.5 cup roasted peanuts
- ☐ 0.8 teaspoon salt
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 1 cup vegetable broth

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Cook noodles in boiling water 6 minutes. Rinse and drain. Keep warm.
- ☐ Place 1/2 cup peanuts in a food processor; process until smooth (about 2 minutes), scraping sides of bowl once.
- ☐ Combine peanut butter, broth, and next 5 ingredients (broth through garlic) in a large skillet; bring to a boil. Reduce heat; simmer 1 minute.
- ☐ Pour broth mixture into a blender or food processor; let stand 5 minutes. Process until smooth. Stir in vinegar.
- ☐ Cook shrimp in boiling water 2 minutes or until done; drain.
- ☐ Combine noodles, shrimp, bell pepper, cucumber, onions, and basil in a large bowl.
- ☐ Add peanut sauce; toss gently to coat.
- ☐ Sprinkle with chopped nuts; serve with lime wedges.

Nutrition Facts



 **PROTEIN 31.94%**  **FAT 21.29%**  **CARBS 46.77%**

Properties

Glycemic Index:63.17, Glycemic Load:18.92, Inflammation Score:-8, Nutrition Score:14.335217351499%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 358.01kcal (17.9%), Fat: 8.61g (13.24%), Saturated Fat: 1.39g (8.72%), Carbohydrates: 42.55g (14.18%), Net Carbohydrates: 39.38g (14.32%), Sugar: 5.96g (6.63%), Cholesterol: 182.57mg (60.86%), Sodium: 721.99mg (31.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.06g (58.12%), Vitamin C: 40.02mg (48.5%), Phosphorus: 376.63mg (37.66%), Manganese: 0.67mg (33.41%), Copper: 0.61mg (30.64%), Vitamin A: 1182.37IU (23.65%), Magnesium: 78.7mg (19.68%), Potassium: 549.39mg (15.7%), Zinc: 2.25mg (15.03%), Vitamin K: 15.39µg (14.66%), Vitamin B3: 2.74mg (13.71%), Fiber: 3.18g (12.71%), Calcium: 113.49mg (11.35%), Selenium: 7.13µg (10.18%), Folate: 39.99µg (10%), Iron: 1.59mg (8.84%), Vitamin B6: 0.15mg (7.6%), Vitamin B1: 0.09mg (5.87%), Vitamin B5: 0.4mg (4.02%), Vitamin E: 0.5mg (3.31%), Vitamin B2: 0.05mg (3.19%)