



Thai Shrimp and Mango Pasta Salad

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



253 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 7.8 oz the salad betty suddenly salad®
- 3 tablespoons juice of lime fresh
- 2 tablespoons vegetable oil
- 1 tablespoon sesame oil
- 1 tablespoon water
- 2 teaspoons sugar
- 1 teaspoon soya sauce
- 0.3 teaspoon pepper red crushed

- 0.5 lb shrimp deveined cooked peeled (31 to 35 count)
- 0.5 medium bell pepper red seeded cut into bite-size pieces
- 1 medium mangos peeled cut into bite-size pieces
- 0.5 cup spring onion finely chopped
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup sesame seed toasted

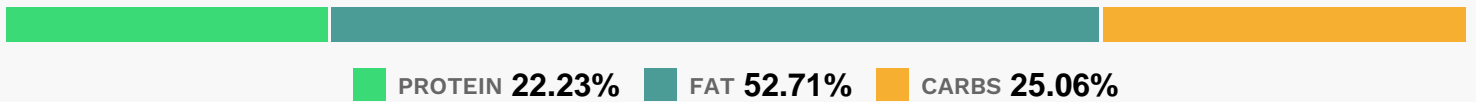
Equipment

- bowl
- sauce pan
- whisk

Directions

- Fill 3-quart saucepan 2/3 full of water; heat to boiling.
- Add Pasta. Gently boil, uncovered, 12 minutes, stirring occasionally; drain. Rinse with cold water to cool; drain well.
- In large bowl, combine Seasoning mix from packet, lime juice, vegetable oil, sesame oil, water, sugar, soy sauce and red pepper flakes with whisk.
- Add shrimp, bell pepper, mango, green onions, cilantro and sesame seed. Toss until well combined. Stir in cooked pasta. Cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:66.96, Glycemic Load:5.76, Inflammation Score:-9, Nutrition Score:16.5447828977%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg,

Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 252.74kcal (12.64%), Fat: 15.59g (23.98%), Saturated Fat: 2.31g (14.46%), Carbohydrates: 16.68g (5.56%), Net Carbohydrates: 13.97g (5.08%), Sugar: 10.27g (11.41%), Cholesterol: 91.29mg (30.43%), Sodium: 172.78mg (7.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.8g (29.59%), Vitamin C: 56.71mg (68.73%), Vitamin K: 46.09µg (43.9%), Vitamin A: 1907.77IU (38.16%), Copper: 0.71mg (35.61%), Phosphorus: 222mg (22.2%), Manganese: 0.42mg (20.84%), Magnesium: 70.32mg (17.58%), Folate: 68.77µg (17.19%), Calcium: 153.88mg (15.39%), Iron: 2.43mg (13.5%), Potassium: 466.63mg (13.33%), Vitamin B6: 0.24mg (12.12%), Zinc: 1.76mg (11.75%), Fiber: 2.71g (10.84%), Vitamin E: 1.5mg (10.03%), Vitamin B1: 0.12mg (8.33%), Vitamin B3: 1.39mg (6.94%), Vitamin B2: 0.1mg (5.92%), Selenium: 3.92µg (5.6%), Vitamin B5: 0.26mg (2.57%)