



Vietnamese Salt and Pepper Shrimp Rice Noodle Bowl (Bun Tom Xao)

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



470 kcal

Ingredients

- ☐ 2 tablespoons canola oil divided
- ☐ 0.3 cup cilantro leaves
- ☐ 2 teaspoons cornstarch
- ☐ 3 cups diagonally cut kirby cucumber seeded (pickling) (2)
- ☐ 1 teaspoon brown sugar dark
- ☐ 0.5 cup dry-roasted peanuts unsalted coarsely chopped
- ☐ 5 teaspoons fish sauce (such as Three Crabs)
- ☐ 3 garlic cloves finely chopped

- ☐ 3 tablespoons granulated sugar
- ☐ 4 cups leaf lettuce green ()
- ☐ 0.3 cup green onions ()
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup torn mint leaves
- ☐ 5 ounces rice vermicelli noodles uncooked
- ☐ 1 tablespoon rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 2 serrano chiles thinly sliced
- ☐ 1 pound shrimp deveined peeled
- ☐ 0.3 cup torn thai basil leaves
- ☐ 0.5 cup water lukewarm
- ☐ 0.8 teaspoon pepper white

Equipment

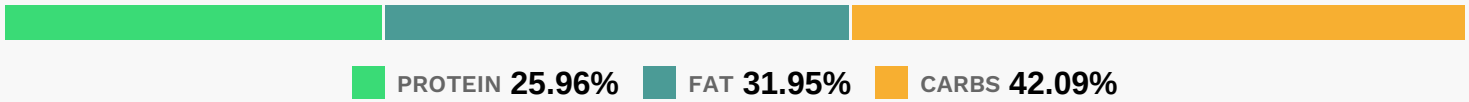
- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Cook rice vermicelli noodles according to package directions.
- ☐ Drain and rinse with cold water; drain.
- ☐ Combine 1/2 cup lukewarm water and granulated sugar in a medium bowl, stirring until sugar dissolves.
- ☐ Add lime juice, vinegar, fish sauce, and chiles; set aside.
- ☐ Combine lettuce, cucumber, and herbs; set aside.
- ☐ Combine cornstarch, brown sugar, salt, and pepper in a large bowl; stir until well combined.
- ☐ Add shrimp; toss to coat.
- ☐ Heat a wok or large skillet over high heat.

- ☐ Add 1 1/2 teaspoons oil, and swirl to coat.
- ☐ Add half of shrimp; cook for 1 1/2 minutes on each side or until shrimp are seared.
- ☐ Remove from pan.
- ☐ Add 1 1/2 teaspoons oil to wok; repeat procedure with remaining shrimp. Reduce heat to medium-high.
- ☐ Add remaining 1 tablespoon oil to wok; swirl to coat.
- ☐ Add onions and garlic; stir-fry 30 seconds. Return shrimp to pan; stir-fry 1 minute.
- ☐ Arrange about 1 cup lettuce mixture in each of 4 large bowls, and top each serving with about 1 cup noodles and 2 tablespoons chopped peanuts. Divide the shrimp evenly among servings, and serve each with 1/4 cup sauce.

Nutrition Facts



Properties

Glycemic Index:89.27, Glycemic Load:23.63, Inflammation Score:-9, Nutrition Score:21.285217290339%

Flavonoids

Eriodictyol: 1.2mg, Eriodictyol: 1.2mg, Eriodictyol: 1.2mg, Eriodictyol: 1.2mg Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 470.32kcal (23.52%), Fat: 17.07g (26.26%), Saturated Fat: 2.1g (13.13%), Carbohydrates: 50.59g (16.86%), Net Carbohydrates: 46.41g (16.88%), Sugar: 12.48g (13.87%), Cholesterol: 182.57mg (60.86%), Sodium: 1030.38mg (44.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.21g (62.42%), Vitamin K: 84.59µg (80.56%), Vitamin A: 3123.56IU (62.47%), Manganese: 0.96mg (47.9%), Phosphorus: 413.64mg (41.36%), Copper: 0.73mg (36.28%), Magnesium: 112.74mg (28.19%), Potassium: 765.15mg (21.86%), Vitamin C: 16.21mg (19.65%), Folate: 68.03µg (17.01%), Zinc: 2.53mg (16.89%), Vitamin B3: 3.35mg (16.75%), Fiber: 4.18g (16.71%), Calcium: 153.18mg (15.32%), Iron: 2.32mg (12.9%), Selenium: 8.25µg (11.79%), Vitamin B6: 0.23mg (11.36%), Vitamin E: 1.47mg (9.82%), Vitamin B1: 0.14mg (9.59%), Vitamin B5: 0.63mg (6.33%), Vitamin B2: 0.11mg (6.22%)