

Rice Noodles with Shrimp and Snow Peas

This colourful and flavourful recipe is very high in iron thanks to the shrimp. Use thick or thin rice noodles in this recipe - just be sure to follow the package directions.



Ingredients:

8 oz	Rice noodles	227 g
2 cups	Shrimp	500 mL
2	Green onions, chopped	2
1 Tbsp	Canola oil	15 mL
2 tsp	Fresh ginger, grated	10 mL
3 cloves	Garlic, crushed	3 cloves
1 tsp	Fish sauce	5 mL
1 Tbsp	Rice wine vinegar	15 mL
3 Tbsp	Lime juice	45 mL
½ cup	Tomato sauce	125 mL
1 cup	Snow peas	250 mL
1 medium	Carrot, grated	1 medium
⅓ cup	Peanuts	80 mL
⅛ cup	Fresh basil	30 mL

Directions:

1. Prepare rice noodles by soaking or cooking according to package directions.
2. Sauté shrimp and green onions in canola oil until shrimp are evenly pink.
3. When noodles are cooked (or soaked), toss with grated fresh ginger, garlic, fish sauce, rice wine vinegar and lime juice.
4. Add tomato sauce, snow peas, carrot, and shrimp and green onions.
5. Toss gently and serve with peanuts and a few leaves of torn fresh basil.

Makes 4 servings (500 mL/ 2 cup/ 397 g)

Source: developed by Julie Van Rosendaal for Apple Magazine, Alberta Health Services' health and wellness magazine. Photo credit: Apple magazine/AHS.

Rice Noodles with Shrimp and Snow Peas

Nutrition Facts	
Per 1/4 of recipe (500 mL/ 2 cup/ 397 g)	
Amount	% Daily Value
Calories 450	
Fat 11 g	17 %
Saturated 1.5 g + Trans 0 g	8 %
Cholesterol 155 mg	
Sodium 580 mg	24 %
Carbohydrate 63 g	21 %
Fibre 4 g	16 %
Sugars 4 g	
Protein 24 g	
Vitamin A	35 %
Vitamin C	50 %
Calcium	10 %
Iron	30 %

Nutrient Claim	Amount per serving
High in fibre	4 g
Low in saturated fat	1.5 g
Very high in potassium	570 mg
Source of calcium	110 mg
Very high in magnesium	80 mg
High in folate	42 mcg
Very high in iron	4.5 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1
Grain Products	2
Milk and Alternatives	0
Meat and Alternatives	1

This is a Choose Most Often recipe (Mixed Dish–Vegetarian) according to the Alberta Nutrition Guidelines.