



Cup o' Zoodles with Shrimp



Entire recipe: 178 calories, 2g total fat (0.5g sat fat), 749mg sodium, 16g carbs, 4.5g fiber, 8g sugars, 25g protein

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Purple Plan [SmartPoints](#)® value 0*

Prep: 10 minutes **Cook:** 15 minutes



More: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

1/2 cube (about 1 tsp.) chicken bouillon
4 oz. (about 1/2 medium) spiralized zucchini, roughly chopped
3 oz. (about 6 large) ready-to-eat shrimp, chopped
1/2 cup frozen peas and carrots
1/2 cup thinly sliced white mushrooms
1/4 cup chopped scallions
1/2 tsp. garlic powder
1/4 tsp. onion powder

Directions

In a wide-mouth, quart-size mason jar, gently break apart bouillon cube. Add remaining ingredients. Seal and refrigerate (if not eating immediately).

Once ready to eat, add 2 cups boiling water. Gently stir, reseal, and let sit for 15 minutes, or until zucchini has slightly softened and bouillon has dissolved. (Alternatively, add 2 cups cold or room temp water, gently stir, and microwave for 6 minutes.)

Mix well.

MAKES 1 SERVING

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.