



 **70%**
HEALTH SCORE

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



226 kcal

SIDE DISH

Ingredients

- 2 tsp sesame oil dark
- 2 zucchini halved lengthwise sliced into 1/2-inch pieces
- 0.5 cup water hot
- 2 spring onion sliced
- 2 tsp apple cider vinegar
- 0.3 cup soya sauce (with more water if you're salt-free)
- 0.1 tsp ground pepper
- 1 tsp ginger minced
- 0.5 bunch broccoli peeled sliced cut into florets and stems and
- 8 ounces noodles cooked

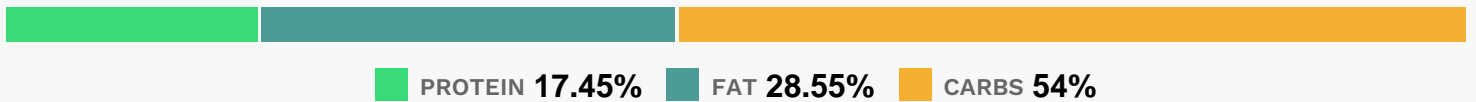
- 2 cloves garlic chopped
- 14 baby carrots halved lengthwise
- 2 tablespoons peanut butter (I used chunky because that's what we had)

Equipment

Directions

- Add the garlic and ginger and cook for a couple of minutes.
- Add the peanut butter, and cook, stirring, until it is heated through. Slowly stir in the hot water and add soy sauce, vinegar, and cayenne. Stir until it is a smooth mixture, adding more water if it is too thick. Then add the cooked pasta and toss to coat. Once the vegetables are steamed, add them to the pasta and sauce.
- Mix well and serve sprinkled with chopped green onions.

Nutrition Facts



Properties

Glycemic Index:68.38, Glycemic Load:9.84, Inflammation Score:-10, Nutrition Score:25.553043572799%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 6.04mg, Kaempferol: 6.04mg, Kaempferol: 6.04mg, Kaempferol: 6.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 225.94kcal (11.3%), Fat: 7.55g (11.62%), Saturated Fat: 1.41g (8.82%), Carbohydrates: 32.15g (10.72%), Net Carbohydrates: 26.44g (9.62%), Sugar: 6.99g (7.77%), Cholesterol: 0mg (0%), Sodium: 907.98mg (39.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.39g (20.77%), Vitamin A: 5579.34IU (111.59%), Vitamin C: 87.91mg (106.56%), Vitamin K: 97.85µg (93.19%), Manganese: 0.8mg (40.06%), Selenium: 18.08µg (25.83%), Folate: 98.31µg (24.58%), Fiber: 5.7g (22.82%), Vitamin B6: 0.45mg (22.31%), Potassium: 707.31mg (20.21%), Phosphorus: 181.11mg (18.11%), Magnesium: 68.92mg (17.23%), Vitamin B3: 3.04mg (15.18%), Vitamin B2: 0.25mg (14.67%), Iron: 2.56mg (14.25%), Copper: 0.25mg (12.49%), Vitamin E: 1.56mg (10.38%), Vitamin B5: 0.99mg (9.93%), Vitamin B1: 0.15mg (9.74%), Zinc: 1.29mg (8.58%), Calcium: 81.65mg (8.16%)