



 **94%**
HEALTH SCORE

Aromatic Noodles With Lime Peanut Sauce

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



460 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 9 ounces broccoli florets
- 2 tablespoons brown sugar
- 0.5 cup natural creamy peanut butter
- 0.8 inch ginger fresh finely grated
- 2 tablespoons juice of lime fresh
- 0.3 cup soya sauce low-sodium
- 0.3 teaspoon pepper flakes red
- 2 tablespoons rice vinegar

- 1 scallion cut into pieces
- 6 ounces snow peas trimmed
- 0.8 pound spinach linguine whole-wheat
- 6 ounces sugar snap peas trimmed
- 0.5 cup peanuts unsalted shelled
- 0.3 cup water

Equipment

- food processor
- bowl
- frying pan
- pot
- blender
- steamer basket

Directions

- Watch how to make this recipe.
- Cook the pasta in a large pot of water according to the directions on the package.
- Drain and rinse with cold water. While the pasta is cooking put the broccoli in a steamer basket over a large pot of boiling water and steam it for 3 minutes.
- Add the snow peas and sugar snap peas and steam for 2 minutes more.
- Toast the peanuts in a dry pan over a medium heat until they become fragrant, about 3 minutes. Set them aside to cool. Make the sauce by pureeing the peanut butter, soy sauce, water, vinegar, lime juice, scallion, ginger, sugar and red pepper flakes in a food processor or blender until smooth.
- Right before serving, toss the pasta with 3/4 cup of the peanut sauce. Divide into 6 serving bowls and top each serving with the vegetables.
- Drizzle the remaining sauce over the vegetables. Coarsely chop the peanuts, sprinkle them on top and serve.

Nutrition Facts

PROTEIN 16.2% FAT 33.18% CARBS 50.62%

Properties

Glycemic Index:23.83, Glycemic Load:1.13, Inflammation Score:-9, Nutrition Score:30.409565179244%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 3.36mg, Kaempferol: 3.36mg, Kaempferol: 3.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 460.4kcal (23.02%), Fat: 18.16g (27.93%), Saturated Fat: 3.34g (20.85%), Carbohydrates: 62.32g (20.77%), Net Carbohydrates: 57.49g (20.91%), Sugar: 9.93g (11.04%), Cholesterol: 0mg (0%), Sodium: 499.92mg (21.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.94g (39.88%), Manganese: 2.59mg (129.32%), Vitamin C: 73.87mg (89.54%), Selenium: 45.03µg (64.33%), Vitamin K: 61.87µg (58.93%), Magnesium: 170.75mg (42.69%), Vitamin B3: 8.29mg (41.46%), Phosphorus: 341.45mg (34.14%), Folate: 119.83µg (29.96%), Vitamin B1: 0.45mg (29.81%), Iron: 4.34mg (24.11%), Copper: 0.48mg (24.01%), Vitamin B6: 0.47mg (23.43%), Vitamin E: 3.21mg (21.41%), Fiber: 4.83g (19.31%), Vitamin A: 928.39IU (18.57%), Potassium: 627.53mg (17.93%), Zinc: 2.66mg (17.73%), Vitamin B5: 1.67mg (16.74%), Vitamin B2: 0.27mg (15.89%), Calcium: 94.32mg (9.43%)