



## Asian Noodle Bowl

 Dairy Free

READY IN



44 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup barbecue sauce
- 2 tablespoons hoisin sauce
- 1 tablespoon peanut butter
- 0.1 teaspoon ground pepper red (cayenne)
- 1 tablespoon vegetable oil
- 1 small onion cut into thin wedges
- 0.3 cup bell pepper red chopped
- 2 cups cauliflower florets fresh frozen thawed

- 0.8 cup water
- 10 ounces salad leaves curly endive chinese
- 14 ounces potato nuggets drained canned
- 0.3 cup peanuts chopped

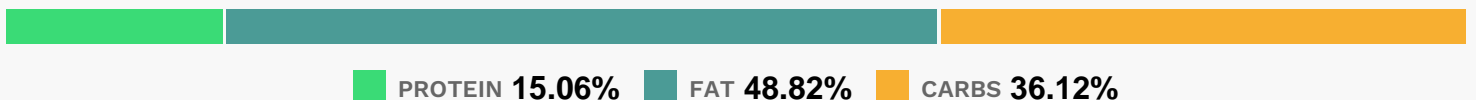
## Equipment

- bowl
- frying pan
- dutch oven

## Directions

- Mix barbecue sauce, hoisin sauce, peanut butter and ground red pepper; set aside.
- Heat oil in 12-inch skillet over medium heat 1 to 2 minutes. Cook onion and bell pepper in oil 2 minutes, stirring frequently. Stir in broccoli and water. Cover and cook 4 to 6 minutes, stirring occasionally, until broccoli is crisp-tender.
- While vegetables are cooking, fill 4-quart Dutch oven about half full with water.
- Add 1/2 teaspoon salt if desired. Cover and heat to a rapid boil over high heat.
- Add noodles; heat to boiling. Boil uncovered 4 to 5 minutes, stirring frequently, until noodles are tender.
- Stir corn and sauce mixture into vegetable mixture. Cook uncovered 3 to 4 minutes, stirring occasionally, until mixture is hot and bubbly.
- Drain noodles; place in individual bowls and top with vegetable mixture.
- Sprinkle with peanuts.

## Nutrition Facts



## Properties

Glycemic Index:37.81, Glycemic Load:1.14, Inflammation Score:-10, Nutrition Score:27.060434496921%

## Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg

## **Nutrients (% of daily need)**

Calories: 391.16kcal (19.56%), Fat: 23.17g (35.64%), Saturated Fat: 3.05g (19.03%), Carbohydrates: 38.57g (12.86%), Net Carbohydrates: 25.34g (9.21%), Sugar: 14.85g (16.5%), Cholesterol: 0.24mg (0.08%), Sodium: 383.08mg (16.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.08g (32.15%), Vitamin K: 225.87µg (215.12%), Vitamin A: 4410.31IU (88.21%), Vitamin C: 54.51mg (66.07%), Iron: 11.47mg (63.74%), Fiber: 13.23g (52.92%), Manganese: 0.76mg (37.91%), Folate: 141.67µg (35.42%), Potassium: 1155.99mg (33.03%), Copper: 0.37mg (18.32%), Vitamin E: 2.62mg (17.46%), Magnesium: 60.33mg (15.08%), Vitamin B3: 2.91mg (14.55%), Vitamin B5: 1.44mg (14.45%), Vitamin B6: 0.28mg (14.2%), Phosphorus: 118.57mg (11.86%), Calcium: 113.03mg (11.3%), Vitamin B1: 0.15mg (10.16%), Vitamin B2: 0.16mg (9.5%), Zinc: 0.84mg (5.62%), Selenium: 1.81µg (2.59%)