



Asian Noodle Bowl

 Dairy Free

READY IN



44 min.

SERVINGS



4

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounces baby corns drained canned
- ☐ 0.3 cup barbecue sauce
- ☐ 2 cups broccoli fresh frozen thawed
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 2 tablespoons hoisin sauce
- ☐ 10 ounces soup noodles chinese
- ☐ 1 small onion cut into thin wedges
- ☐ 1 tablespoon peanut butter

- ☐ 0.3 cup peanuts chopped
- ☐ 0.3 cup bell pepper red chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 0.8 cup water

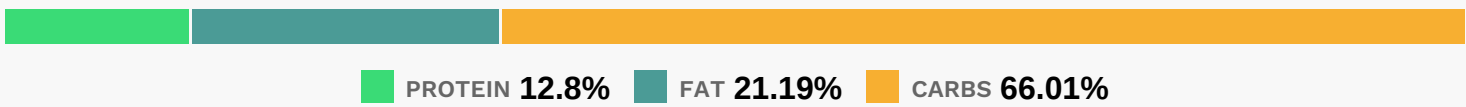
Equipment

- ☐ 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:62.19, Glycemic Load:32.74, Inflammation Score:-8, Nutrition Score:24.48260873297%

Flavonoids

Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 537.07kcal (26.85%), Fat: 13.13g (20.2%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 92.05g (30.68%), Net Carbohydrates: 84.3g (30.65%), Sugar: 16.82g (18.69%), Cholesterol: 0.24mg (0.08%), Sodium: 355.95mg (15.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.86g (35.71%), Vitamin C: 58.11mg (70.43%), Selenium: 47.39µg (67.7%), Manganese: 1.28mg (64.23%), Vitamin K: 52.55µg (50.05%), Fiber: 7.75g (30.99%), Phosphorus: 302.65mg (30.27%), Vitamin B3: 5.46mg (27.29%), Magnesium: 104.17mg (26.04%), Folate: 98.51µg (24.63%), Vitamin B6: 0.43mg (21.65%), Copper: 0.41mg (20.64%), Potassium: 701.29mg (20.04%), Vitamin B1: 0.27mg (18.14%), Vitamin A: 893.53IU (17.87%), Vitamin B5: 1.63mg (16.33%), Zinc: 2.2mg (14.7%), Iron: 2.39mg (13.29%), Vitamin B2: 0.21mg (12.42%), Vitamin E: 1.49mg (9.92%), Calcium: 64.73mg (6.47%)