

• RELIEVE HEADACHES AND ANXIETY

• SLEEP WELL AND RESTORE YOUR ABILITY TO RELAX

 51%  
HEALTH SCORE

4-WEEK  
DIET AND

• CONTROL YOUR WEIGHT

## Asian Noodle Dinner Salad

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



1306 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 16 ounce angel hair pasta chinese thin
- 0.5 cup cherry tomatoes
- 1 chicken breast shredded
- 3 tbsp cilantro leaves chopped
- 3 tbsp sesame oil dark
- 0.5 tsp garlic powder
- 2 tbsp ginger grated
- 1 of lemon zest

- 3 tbsp soy sauce light ()
- 1 tbsp peanut butter
- 2 tbsp rice vinegar
- 2 cups the of 1 cos lettuce chopped
- 2 spring onion white green sliced (both and parts)
- 0.5 cup snow peas
- 2 tbsp sugar

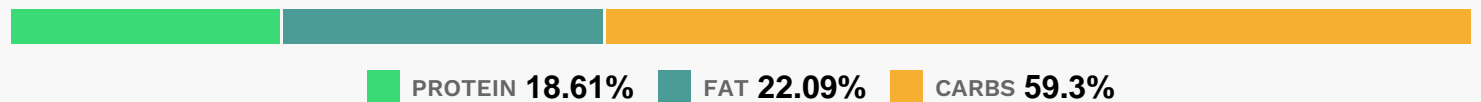
## Equipment

- colander

## Directions

- Noodles
- Take a quarter of the package of noodles for each serving and place in boiling water for 3 to 4 minutes. Cook only until just soft (al dente) but not too soft; separate the strands while boiling.
- Drain in colander and immediately rinse with cold water. Cool noodles in the refrigerator.
- Mix with other ingredients and dressing.
- From The Super
- Stress Solution.com

## Nutrition Facts



## Properties

Glycemic Index:137.55, Glycemic Load:77.22, Inflammation Score:-10, Nutrition Score:44.760434876318%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

## Nutrients (% of daily need)

Calories: 1306.08kcal (65.3%), Fat: 31.82g (48.96%), Saturated Fat: 5.12g (31.97%), Carbohydrates: 192.27g (64.09%), Net Carbohydrates: 181.94g (66.16%), Sugar: 22.25g (24.72%), Cholesterol: 72.32mg (24.11%), Sodium: 1700.08mg (73.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.32g (120.63%), Selenium: 181.05µg (258.64%), Manganese: 2.57mg (128.72%), Vitamin A: 4736.45IU (94.73%), Vitamin B3: 18.39mg (91.97%), Vitamin K: 85.39µg (81.32%), Phosphorus: 776.65mg (77.67%), Vitamin B6: 1.39mg (69.72%), Magnesium: 196.1mg (49.03%), Copper: 0.86mg (42.97%), Fiber: 10.33g (41.34%), Potassium: 1348.39mg (38.53%), Folate: 145.39µg (36.35%), Vitamin C: 29.85mg (36.18%), Iron: 5.65mg (31.42%), Vitamin B5: 3.11mg (31.07%), Zinc: 4.5mg (30%), Vitamin B1: 0.4mg (26.66%), Vitamin B2: 0.38mg (22.44%), Vitamin E: 1.96mg (13.05%), Calcium: 105.2mg (10.52%), Vitamin B12: 0.23µg (3.77%)