



## Asian Noodle Salad

 Vegetarian  Vegan  Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



279 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 8 ounces capellini pasta
- 1 teaspoon ginger fresh grated
- 1 tablespoon parsley fresh chopped
- 1 bell pepper red thinly sliced
- 0.3 cup rice vinegar
- 0.5 pound mushroom caps
- 3 tablespoons soya sauce
- 1 tablespoon vegetable oil

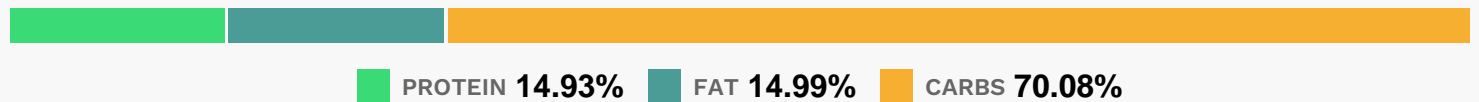
## Equipment

- bowl
- pot

## Directions

- Cook pasta in a large pot of boiling water. Meanwhile, clean, stem, and slice mushrooms.
- Add mushrooms and red bell pepper during last 2 minutes of cooking.
- Drain.
- In a small bowl, mix together vinegar, soy sauce, oil, and ginger.
- Transfer pasta, mushrooms, and pepper to a serving bowl; toss with ginger dressing.
- Sprinkle with parsley before serving.

## Nutrition Facts



## Properties

Glycemic Index:54.5, Glycemic Load:18.29, Inflammation Score:-8, Nutrition Score:15.799565346345%

## Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 279.15kcal (13.96%), Fat: 4.65g (7.15%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 48.89g (16.3%), Net Carbohydrates: 44.88g (16.32%), Sugar: 4.37g (4.85%), Cholesterol: 0mg (0%), Sodium: 764.75mg (33.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.42g (20.83%), Selenium: 39.29µg (56.13%), Vitamin C: 39.44mg (47.8%), Manganese: 0.76mg (38.13%), Vitamin K: 24.17µg (23.02%), Vitamin A: 1015.71IU (20.31%), Vitamin B3: 4mg (20.02%), Phosphorus: 197.34mg (19.73%), Vitamin B6: 0.36mg (18.1%), Fiber: 4.01g (16.03%), Copper: 0.27mg (13.56%), Magnesium: 51.23mg (12.81%), Vitamin B5: 1.24mg (12.45%), Vitamin B2: 0.2mg (12%), Potassium: 398.13mg (11.38%), Zinc: 1.53mg (10.2%), Folate: 35.27µg (8.82%), Iron: 1.49mg (8.27%), Vitamin B1: 0.08mg (5.64%), Vitamin E: 0.82mg (5.46%), Calcium: 20.24mg (2.02%), Vitamin D: 0.23µg (1.51%)