



Asian Noodles



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



467 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 carrots grated
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.5 cucumber grated peeled
- ☐ 1 clove garlic minced
- ☐ 1 inch ginger minced
- ☐ 1 tablespoon honey
- ☐ 1 juice of lime juiced
- ☐ 3 tablespoons peanuts

- ☐ 1 beet red grated peeled
- ☐ 1 teaspoon pepper flakes red
- ☐ 14 ounce vermicelli oriental-style
- ☐ 1 scallion thinly sliced
- ☐ 0.3 cup seasoned rice vinegar
- ☐ 2 teaspoons sesame oil

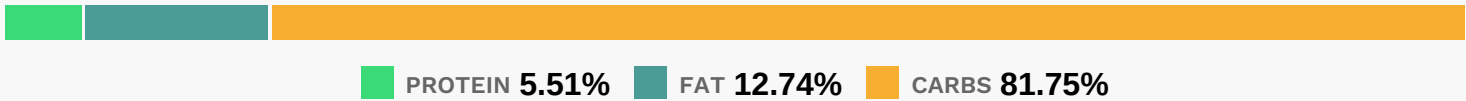
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Whisk lime juice, rice vinegar, cilantro, ginger, garlic, honey, sesame oil and pepper flakes in a small bowl. Prepare rice noodles according to package directions; drain and quick chill in a bowl of ice water. Once well drained, toss noodles in a large bowl with carrot, scallion, cucumber and peanuts and pour dressing over top.
- ☐ Mix well. To serve, place into serving bowls, and top with a heap of beets.

Nutrition Facts



Properties

Glycemic Index:102.34, Glycemic Load:50.92, Inflammation Score:-9, Nutrition Score:12.099130360977%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 466.99kcal (23.35%), Fat: 6.51g (10.02%), Saturated Fat: 1.04g (6.52%), Carbohydrates: 94.04g (31.35%), Net Carbohydrates: 90.1g (32.77%), Sugar: 7.22g (8.02%), Cholesterol: 0mg (0%), Sodium: 219.67mg (9.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.68%), Vitamin A: 2830.89IU (56.62%), Manganese: 0.86mg (42.86%), Selenium: 16.1µg (22.99%), Phosphorus: 209.05mg (20.91%), Fiber: 3.93g (15.74%), Vitamin K: 14.92µg (14.21%), Folate: 55.22µg (13.8%), Copper: 0.21mg (10.73%), Magnesium: 40.46mg (10.12%), Vitamin B3: 1.77mg (8.83%), Potassium: 297.33mg (8.5%), Iron: 1.49mg (8.25%), Vitamin C: 6.54mg (7.93%), Vitamin B1: 0.12mg (7.79%), Zinc: 1.14mg (7.58%), Vitamin B6: 0.12mg (6.24%), Calcium: 47.81mg (4.78%), Vitamin B2: 0.07mg (3.92%), Vitamin B5: 0.38mg (3.8%), Vitamin E: 0.4mg (2.68%)