



## Asian Pasta Salad

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



218 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 tablespoons almonds sliced
- 10 ounce angel hair slaw
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons canola oil
- 1 cup green onions chopped
- 0.3 cup less-sodium beef broth
- 8 ounce noodles chinese crumbled (such as ka-me)
- 0.3 teaspoon salt

- 0.3 cup sugar
- 2 tablespoons sunflower seed kernels unsalted
- 0.3 cup citrus champagne vinegar

## Equipment

- bowl
- frying pan
- whisk

## Directions

- Heat a medium nonstick skillet over medium heat.
- Add almonds, sunflower seed kernels, and noodles to pan; cook 3 minutes or until lightly toasted, stirring frequently.
- Combine vinegar, broth, sugar, oil, salt, and pepper in a small bowl, stirring with a whisk.
- Combine toasted noodle mixture, green onions, and slaw in a large bowl.
- Add vinegar mixture, tossing well to combine.
- Let stand 5 minutes before serving.

## Nutrition Facts



■ PROTEIN 11.99% ■ FAT 19.44% ■ CARBS 68.57%

## Properties

Glycemic Index:20.67, Glycemic Load:15.86, Inflammation Score:-3, Nutrition Score:7.4808696404747%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

## Nutrients (% of daily need)

Calories: 218.27kcal (10.91%), Fat: 4.7g (7.22%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 37.25g (12.42%), Net Carbohydrates: 35.31g (12.84%), Sugar: 5.6g (6.23%), Cholesterol: 0mg (0%), Sodium: 65.3mg (2.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.03%), Selenium: 27.9µg (39.86%), Manganese: 0.48mg (24.13%), Vitamin K: 19.02µg (18.12%), Phosphorus: 103.07mg (10.31%), Vitamin E: 1.51mg (10.09%), Copper: 0.18mg (8.93%), Magnesium: 34.46mg (8.61%), Fiber: 1.94g (7.76%), Zinc: 0.77mg (5.14%), Vitamin B3: 0.97mg (4.83%), Iron: 0.86mg (4.79%), Vitamin B1: 0.07mg (4.73%), Vitamin B6: 0.09mg (4.51%), Potassium: 157.37mg (4.5%), Folate: 17.51µg (4.38%), Vitamin B2: 0.06mg (3.41%), Vitamin B5: 0.22mg (2.17%), Calcium: 21.37mg (2.14%), Vitamin C: 1.62mg (1.97%), Vitamin A: 84.16IU (1.68%)