

Asian Peanut Noodles

Dairy Free



Ingredients

- 1 medium carrots peeled thinly sliced
- 0.5 medium cucumber english thinly sliced
- 2 tablespoons fish sauce
- 18 sprigs cilantro leaves fresh
- 3 tablespoons ginger fresh packed peeled finely chopped (from a 3-inch piece)
- 2 medium garlic clove peeled smashed
- 2 tablespoons granulated sugar
- 1 jalapeno stemmed coarsely chopped

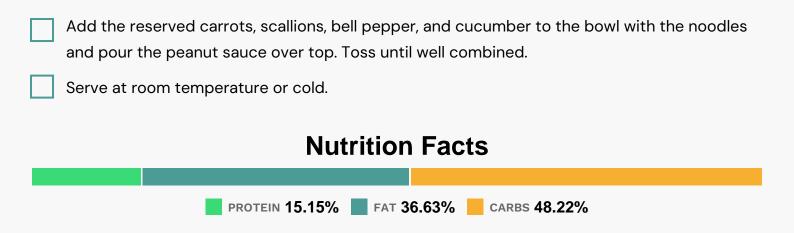
- 2 tablespoons juice of lime freshly squeezed (from 2 limes)
- 0.7 cup peanut butter (no added sugar)
- 1 medium bell pepper red cored seeded sliced into 1/2-inch strips
- 2 medium spring onion light white green thinly sliced (and parts only)
- 3 teaspoons sesame oil toasted
- 0.3 cup soya sauce
 - 12 ounces udon noodles dried

Equipment

bowl
pot
blender
spatula
slotted spoon
colander

Directions

- Bring a large pot of water to a boil over high heat.
- Add the carrots and cook until just crisp-tender, about 2 to 3 minutes. Using a slotted spoon, remove the carrots to a colander.
- Add the noodles to the pot of boiling water and cook according to the package directions. While the noodles are cooking, transfer the carrots to a small bowl and set aside.
- Place the colander in the sink. When the noodles are ready, drain them through the colander and rinse under cold water until cool.
- Transfer the noodles to a large bowl, drizzle with 1 teaspoon of the sesame oil, and toss to coat; set aside.
- Place the remaining 2 teaspoons of sesame oil, cilantro, peanut butter, soy sauce, ginger, fish sauce, lime juice, sugar, garlic, and jalapeño in a blender. Blend until smooth, stopping as necessary to scrape down the sides with a rubber spatula (if the mixture is too thick, add hot tap water 1 teaspoon at a time until the desired consistency is reached); leave the sauce in the blender.



Properties

Glycemic Index:62.71, Glycemic Load:24.52, Inflammation Score:-9, Nutrition Score:15.427391330833%

Flavonoids

Eriodictyol: O.11mg, Eriodictyol: O.11mg, Eriodictyol: O.11mg, Eriodictyol: O.11mg Hesperetin: O.45mg, Hesperetin: O.45mg, Hesperetin: O.45mg Naringenin: O.02mg, Naringenin: O.02mg, Naringenin: O.02mg, Naringenin: O.02mg, Naringenin: O.02mg, Luteolin: O.16mg, Luteolin: O.16mg, Luteolin: O.16mg, Luteolin: O.16mg, Kaempferol: O.13mg, Kaempferol: O.13mg, Kaempferol: O.13mg, Myricetin: O.02mg, Myricetin: O.02mg, Myricetin: O.02mg, Myricetin: 4.3mg, Quercetin: 4.

Nutrients (% of daily need)

Calories: 430.16kcal (21.51%), Fat: 18.4g (28.31%), Saturated Fat: 3.22g (20.11%), Carbohydrates: 54.51g (18.17%), Net Carbohydrates: 48.62g (17.68%), Sugar: 14.7g (16.33%), Cholesterol: Omg (0%), Sodium: 1827.36mg (79.45%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 17.13g (34.26%), Vitamin A: 2873.86IU (57.48%), Vitamin C: 34.21mg (41.47%), Vitamin K: 38.27µg (36.45%), Manganese: O.6mg (30.17%), Vitamin B3: 4.82mg (24.11%), Fiber: 5.89g (23.56%), Vitamin E: 3.33mg (22.17%), Magnesium: 74.9mg (18.73%), Vitamin B6: O.29mg (14.74%), Phosphorus: 133.96mg (13.4%), Folate: 51.14µg (12.78%), Potassium: 389.37mg (11.12%), Copper: O.19mg (9.37%), Vitamin B2: O.12mg (7.3%), Iron: 1.2mg (6.67%), Zinc: O.99mg (6.6%), Vitamin B5: O.57mg (5.71%), Vitamin B1: O.08mg (5.5%), Calcium: 38.76mg (3.88%), Selenium: 2.2µg (3.14%)