



Asian Peanut Noodles

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



430 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

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.

Add the reserved carrots, scallions, bell pepper, and cucumber to the bowl with the noodles and pour the peanut sauce over top. Toss until well combined.

Serve at room temperature or cold.

Nutrition Facts

PROTEIN 15.15% **FAT 36.63%** **CARBS 48.22%**

Properties

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

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

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: 0mg (0%), Sodium: 1827.36mg (79.45%), Alcohol: 0g (100%), Alcohol %: 0% (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: 0.6mg (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: 0.29mg (14.74%), Phosphorus: 133.96mg (13.4%), Folate: 51.14µg (12.78%), Potassium: 389.37mg (11.12%), Copper: 0.19mg (9.37%), Vitamin B2: 0.12mg (7.3%), Iron: 1.2mg (6.67%), Zinc: 0.99mg (6.6%), Vitamin B5: 0.57mg (5.71%), Vitamin B1: 0.08mg (5.5%), Calcium: 38.76mg (3.88%), Selenium: 2.2µg (3.14%)