



Asian-Style Pasta

 Dairy Free

READY IN



7 min.

SERVINGS



1

CALORIES



398 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup matchstick-cut carrots
- 1.5 tablespoons creamy peanut butter reduced-fat
- 0.1 teaspoon pepper red crushed
- 0.3 teaspoon ginger fresh grated peeled
- 2 tablespoons green onions chopped
- 2 teaspoons soya sauce low-sodium
- 1 cup basic pasta hot cooked
- 0.3 cup snow peas coarsely chopped

1.5 tablespoons water hot

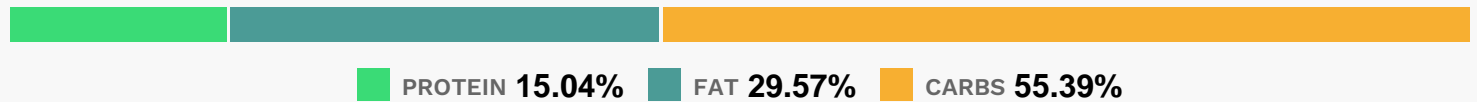
Equipment

microwave

Directions

- Combine peanut butter and water in a small microwave-safe dish. Microwave at HIGH 1 minute, stirring after 30 seconds.
- Add soy sauce, ginger, and red pepper; stir until smooth. Microwave at HIGH 30 seconds or until thoroughly heated.
- Combine hot cooked pasta, sauce, carrots, and snow peas; toss well. Top with green onions.

Nutrition Facts



Properties

Glycemic Index:103, Glycemic Load:18.79, Inflammation Score:-10, Nutrition Score:21.246086908423%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 398.02kcal (19.9%), Fat: 13.35g (20.54%), Saturated Fat: 2.62g (16.39%), Carbohydrates: 56.29g (18.76%), Net Carbohydrates: 51.18g (18.61%), Sugar: 6.98g (7.76%), Cholesterol: 0mg (0%), Sodium: 499.71mg (21.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.28g (30.56%), Vitamin A: 4872.88IU (97.46%), Selenium: 39.54µg (56.49%), Manganese: 1.08mg (53.86%), Vitamin K: 34.37µg (32.73%), Phosphorus: 238.66mg (23.87%), Vitamin B3: 4.75mg (23.73%), Magnesium: 91.55mg (22.89%), Vitamin C: 17.81mg (21.59%), Fiber: 5.12g (20.46%), Copper: 0.35mg (17.38%), Vitamin E: 2.55mg (17.01%), Folate: 62.58µg (15.64%), Vitamin B6: 0.29mg (14.7%), Potassium: 469.27mg (13.41%), Iron: 2.35mg (13.05%), Zinc: 1.72mg (11.44%), Vitamin B1: 0.14mg (9.65%), Vitamin B2: 0.15mg (8.77%), Vitamin B5: 0.87mg (8.69%), Calcium: 58.35mg (5.84%)