



Bean Thread Noodles with Pickled Vegetables

 Dairy Free  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



490 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 ounces vermicelli
- 0.3 teaspoon pepper black freshly ground
- 2 large carrots julienned peeled
- 1 cup cilantro leaves fresh divided
- 1 cucumber english thinly sliced
- 1 large daikon radish white julienned (Japanese radish; 1 pound)
- 0.8 cup roasted peanuts unsalted divided coarsely chopped
- 0.3 cup fish sauce (such as nam pla or nuoc nam)

- 1 small garlic clove finely grated
- 3 tablespoons juice of lime fresh
- 1 tablespoon sugar
- 2 tablespoons rice vinegar
- 0.3 cup vegetable oil

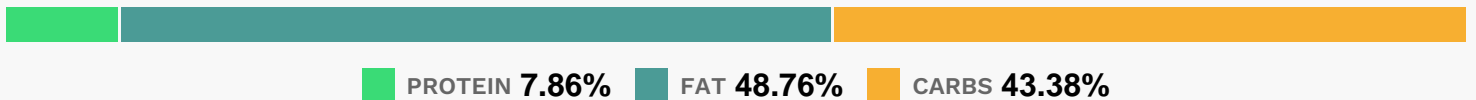
Equipment

- bowl
- whisk

Directions

- Place noodles in a large bowl and add boiling water to cover.
- Let noodles soak until tender but not mushy, 15–20 minutes; drain. Rinse under cold water and drain well.
- Whisk garlic, fish sauce, lime juice, vinegar, sugar, ginger, and pepper in another large bowl.
- Add daikon, cucumber, and carrots; toss to combine.
- Let sit 10 minutes.
- Add noodles, oil, half of cilantro, and half of peanuts to bowl; toss to combine. Top salad with remaining cilantro and peanuts.
- DO AHEAD: Vegetables can be pickled 2 days ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index: 76.98, Glycemic Load: 4.18, Inflammation Score: -10, Nutrition Score: 20.696521722752%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.38mg,

Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 490.41kcal (24.52%), Fat: 27.41g (42.17%), Saturated Fat: 4.2g (26.28%), Carbohydrates: 54.86g (18.29%), Net Carbohydrates: 49.12g (17.86%), Sugar: 8.61g (9.57%), Cholesterol: 0mg (0%), Sodium: 1307.53mg (56.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.89%), Vitamin A: 6346.2IU (126.92%), Vitamin K: 48.15µg (45.85%), Manganese: 0.91mg (45.57%), Vitamin C: 27.88mg (33.79%), Vitamin B3: 5.13mg (25.63%), Magnesium: 101.9mg (25.48%), Fiber: 5.74g (22.95%), Folate: 87.39µg (21.85%), Copper: 0.41mg (20.3%), Potassium: 706.35mg (20.18%), Phosphorus: 173.51mg (17.35%), Vitamin B1: 0.22mg (14.89%), Vitamin B6: 0.3mg (14.77%), Iron: 2.38mg (13.24%), Selenium: 7.65µg (10.93%), Vitamin E: 1.56mg (10.38%), Calcium: 96.11mg (9.61%), Vitamin B5: 0.88mg (8.78%), Zinc: 1.13mg (7.55%), Vitamin B2: 0.1mg (5.76%), Vitamin B12: 0.07µg (1.16%)