



Bean Thread Noodles with Pickled Vegetables

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



491 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
- ☐ 2 teaspoons ginger finely grated peeled
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons rice vinegar
- ☐ 0.3 cup vegetable oil

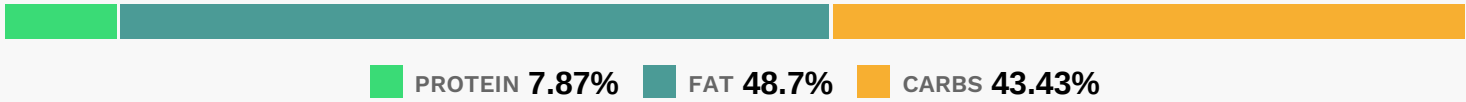
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Place noodles in a large bowl and addboiling water to cover.
- ☐ Let noodles soak untiltender 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 anotherlarge bowl.
- ☐ Add daikon, cucumber, andcarrots; toss to combine.
- ☐ Let sit 10 minutes.
- ☐ Add noodles, oil, half of cilantro, and halfof peanuts to bowl; toss to combine. Topsalad with remaining cilantro and peanuts.
- ☐ DO AHEAD: Vegetables can be pickled2 days ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:80.73, Glycemic Load:4.2, Inflammation Score:-10, Nutrition Score:20.735652099485%

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

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: 491.21kcal (24.56%), Fat: 27.42g (42.19%), Saturated Fat: 4.21g (26.29%), Carbohydrates: 55.04g (18.35%), Net Carbohydrates: 49.28g (17.92%), Sugar: 8.63g (9.59%), Cholesterol: 0mg (0%), Sodium: 1307.66mg (56.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.97g (19.93%), Vitamin A: 6346.2IU (126.92%), Vitamin K: 48.15µg (45.85%), Manganese: 0.91mg (45.68%), Vitamin C: 27.93mg (33.85%), Vitamin B3: 5.13mg (25.67%), Magnesium: 102.33mg (25.58%), Fiber: 5.76g (23.03%), Folate: 87.5µg (21.87%), Copper: 0.41mg (20.41%), Potassium: 710.5mg (20.3%), Phosphorus: 173.85mg (17.38%), Vitamin B1: 0.22mg (14.91%), Vitamin B6: 0.3mg (14.85%), Iron: 2.39mg (13.27%), Selenium: 7.66µg (10.94%), Vitamin E: 1.56mg (10.39%), Calcium: 96.27mg (9.63%), Vitamin B5: 0.88mg (8.8%), Zinc: 1.14mg (7.57%), Vitamin B2: 0.1mg (5.78%), Vitamin B12: 0.07µg (1.16%)