



Cellophane Noodle Salad with Peanut Dressing



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



163 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon five-spice powder
- ☐ 4 ounces matchstick-cut carrots
- ☐ 4 ounces bean threads uncooked (cellophane noodles)
- ☐ 0.5 cup julienne-cut bell pepper red
- ☐ 1 cup bok choy shredded
- ☐ 6 boston lettuce leaves
- ☐ 2 tablespoons brown sugar

- ☐ 1 tablespoon canola oil
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 3 tablespoons dry-roasted peanuts divided chopped
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.8 cup green onions thinly sliced
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 2 tablespoons rice vinegar
- ☐ 0.5 cup snow peas trimmed cut into 1/2-inch pieces (2 ounces)
- ☐ 0.3 cup water

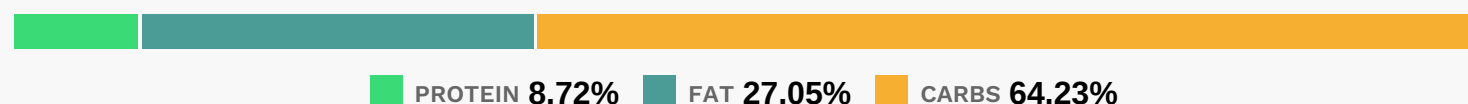
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare dressing, combine the first 9 ingredients, stirring with a whisk, and set aside.
- ☐ To prepare salad, cook carrots and noodles in boiling water 1 minute; drain.
- ☐ Place noodle mixture in a large bowl.
- ☐ Add bok choy and next 5 ingredients (through mint); toss gently to combine.
- ☐ Pour dressing over noodle mixture; sprinkle with 2 tablespoons peanuts. Toss gently to combine.
- ☐ Place 1 lettuce leaf on each of 6 plates. Top each leaf with 1 cup salad; sprinkle each serving with 1/2 teaspoon peanuts.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:0.47, Inflammation Score:-10, Nutrition Score:13.260000073391%

Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 163.3kcal (8.17%), Fat: 5.06g (7.78%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 27.01g (9%), Net Carbohydrates: 24.53g (8.92%), Sugar: 6.29g (6.99%), Cholesterol: 0mg (0%), Sodium: 435.98mg (18.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Vitamin A: 4336.11IU (86.72%), Vitamin K: 53.34µg (50.8%), Vitamin C: 30.43mg (36.88%), Manganese: 0.36mg (18%), Folate: 54.51µg (13.63%), Fiber: 2.48g (9.91%), Iron: 1.74mg (9.68%), Vitamin B6: 0.17mg (8.6%), Potassium: 293.85mg (8.4%), Magnesium: 31.36mg (7.84%), Phosphorus: 74.37mg (7.44%), Vitamin B3: 1.42mg (7.12%), Vitamin B1: 0.1mg (6.52%), Calcium: 61.31mg (6.13%), Copper: 0.11mg (5.7%), Vitamin E: 0.85mg (5.68%), Vitamin B2: 0.09mg (5.21%), Selenium: 2.64µg (3.77%), Vitamin B5: 0.36mg (3.63%), Zinc: 0.5mg (3.32%)