



Chinese Cold Pasta Salad

 Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



281 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 2 green onions chopped
- ☐ 8 ounces fettuccine pasta dry
- ☐ 2 tablespoons natural peanut butter
- ☐ 1 bell pepper red chopped
- ☐ 2 teaspoons pepper flakes red crushed
- ☐ 2 tablespoons soya sauce

☐ 0.5 cup vegetable broth

Equipment

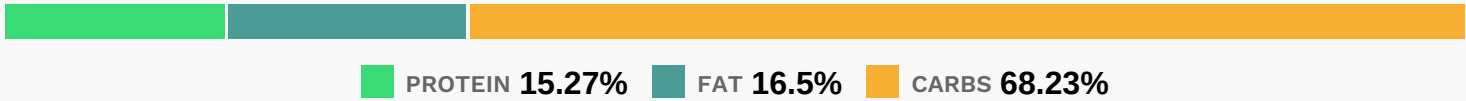
☐ bowl

☐ pot

Directions

- ☐ Cook pasta in a large pot of boiling water until al dente. Rinse and drain. Set aside.
- ☐ In a large bowl, combine peanut butter, broth, soy sauce, garlic, and crushed red pepper.
- ☐ Mix well.
- ☐ Add pasta, sliced red pepper, scallions, and cilantro; toss to combine. Chill.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:18.13, Inflammation Score:-8, Nutrition Score:14.896521817083%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 281.27kcal (14.06%), Fat: 5.22g (8.03%), Saturated Fat: 1.01g (6.33%), Carbohydrates: 48.55g (16.18%), Net Carbohydrates: 45.05g (16.38%), Sugar: 4.26g (4.73%), Cholesterol: 0mg (0%), Sodium: 677.81mg (29.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.86g (21.73%), Selenium: 36.84µg (52.63%), Vitamin C: 40.46mg (49.04%), Manganese: 0.79mg (39.41%), Vitamin A: 1485.52IU (29.71%), Vitamin K: 21.25µg (20.24%), Phosphorus: 163.34mg (16.33%), Vitamin B3: 2.86mg (14.3%), Fiber: 3.5g (14.01%), Vitamin B6: 0.28mg (13.8%), Magnesium: 54.51mg (13.63%), Copper: 0.24mg (12.04%), Vitamin E: 1.73mg (11.52%), Folate: 37.82µg (9.45%), Potassium: 308.91mg (8.83%), Iron: 1.55mg (8.63%), Zinc: 1.22mg (8.12%), Vitamin B2: 0.11mg (6.36%), Vitamin B1: 0.1mg (6.34%), Vitamin B5: 0.5mg (4.96%), Calcium: 32.74mg (3.27%)