



Chinese Noodle Salad with Sesame Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



346 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup cherry tomatoes halved
- ☐ 2 teaspoons chili paste depending on your taste pref with garlic
- ☐ 2 teaspoons sesame oil dark
- ☐ 0.5 cup spring onion thinly sliced
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon soy sauce
- ☐ 8 ounce soup noodles dried chinese-style uncooked
- ☐ 2 teaspoons vegetable oil; peanut oil preferred

- ☐ 3 tablespoons seasoned rice vinegar
- ☐ 1 tablespoon sesame seed divided toasted
- ☐ 1 cup sugar snap peas trimmed
- ☐ 0.5 cup water chestnuts drained sliced
- ☐ 6 ounces water-packed tuna firm cubed

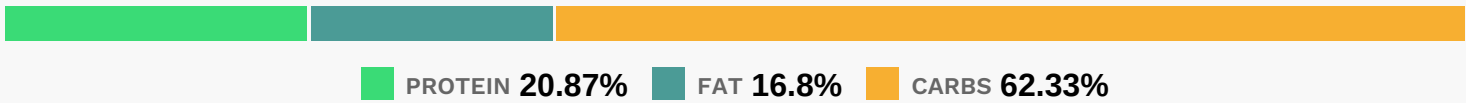
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ Add peas during last 1 minute of cooking.
- ☐ Drain; rinse with cold water.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add peanut oil to pan; swirl to coat.
- ☐ Add tofu to pan; cook 5 minutes or until browned, stirring frequently.
- ☐ Combine noodle mixture, tofu, tomatoes, water chestnuts, and onions in a large bowl.
- ☐ Combine vinegar and next 4 ingredients (through salt) in a small bowl, stirring with a whisk.
- ☐ Add vinegar mixture to noodle mixture, tossing gently to coat.
- ☐ Add 1 1/2 teaspoons sesame seeds; toss to combine.
- ☐ Sprinkle with remaining sesame seeds.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:17.29, Inflammation Score:-7, Nutrition Score:19.309565233148%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 345.52kcal (17.28%), Fat: 6.41g (9.86%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 53.47g (17.82%), Net Carbohydrates: 49.06g (17.84%), Sugar: 5.05g (5.61%), Cholesterol: 15.31mg (5.1%), Sodium: 397.3mg (17.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.91g (35.82%), Selenium: 66.2µg (94.58%), Manganese: 0.77mg (38.28%), Vitamin C: 26.51mg (32.13%), Vitamin K: 33.59µg (31.99%), Vitamin B3: 5.93mg (29.64%), Phosphorus: 222.93mg (22.29%), Vitamin B6: 0.39mg (19.46%), Copper: 0.37mg (18.68%), Vitamin B12: 1.09µg (18.21%), Fiber: 4.42g (17.66%), Iron: 3.15mg (17.5%), Magnesium: 64.03mg (16.01%), Potassium: 450.93mg (12.88%), Vitamin A: 602.49IU (12.05%), Zinc: 1.61mg (10.71%), Folate: 41.53µg (10.38%), Vitamin B1: 0.15mg (9.69%), Vitamin B2: 0.13mg (7.87%), Vitamin E: 1.17mg (7.77%), Calcium: 66.9mg (6.69%), Vitamin B5: 0.62mg (6.25%), Vitamin D: 0.51µg (3.4%)