



Chinese noodles with tofu & hazelnuts



Vegetarian



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



297 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 250 g egg noodle
- ☐ 2 tbsp olive oil
- ☐ 1 handful coriander roughly chopped
- ☐ 300 g mangetout
- ☐ 1 chilli red seeded finely chopped
- ☐ 1 handful hazelnuts toasted roughly chopped
- ☐ 349 g pack silken tofu cut into cubes
- ☐ 3 tbsp bean sauce yellow chinese

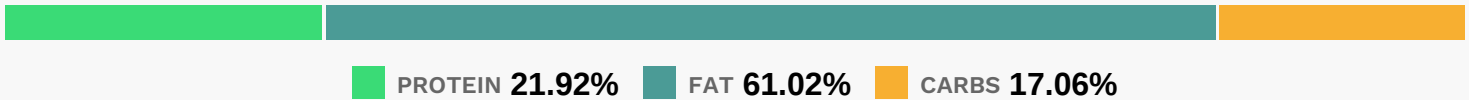
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Drop the noodles into a pan of boiling water, cook for 4 mins, then drain.
- ☐ Drizzle over a little oil and mix in half the coriander.
- ☐ Heat a wok over a medium heat.
- ☐ Pour in the remaining oil, then throw in the mangetout and stir-fry for 2 mins.
- ☐ Add the chilli and cook for 2 mins more until the beans are just tender.
- ☐ Tip the hazelnuts, tofu and yellow bean sauce into the wok and stir to warm through. Finally, stir in the remaining coriander, season if you want to, and serve with the noodles.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.45, Inflammation Score:-8, Nutrition Score:20.216086988864%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 296.82kcal (14.84%), Fat: 20.38g (31.36%), Saturated Fat: 3.6g (22.51%), Carbohydrates: 12.82g (4.27%), Net Carbohydrates: 9.23g (3.36%), Sugar: 6.57g (7.3%), Cholesterol: 232.5mg (77.5%), Sodium: 98.06mg (4.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.47g (32.94%), Vitamin C: 61.91mg (75.04%), Manganese: 0.69mg (34.45%), Selenium: 19.96µg (28.51%), Vitamin K: 28.89µg (27.52%), Vitamin A: 1328.83IU (26.58%),

Phosphorus: 244.66mg (24.47%), Vitamin B2: 0.4mg (23.55%), Iron: 4.12mg (22.9%), Copper: 0.43mg (21.53%),
Vitamin E: 3.18mg (21.23%), Vitamin B1: 0.28mg (18.78%), Folate: 72.56µg (18.14%), Vitamin B6: 0.34mg (16.82%),
Magnesium: 65.88mg (16.47%), Vitamin B5: 1.62mg (16.18%), Fiber: 3.59g (14.38%), Potassium: 485.8mg (13.88%),
Zinc: 1.68mg (11.2%), Calcium: 105.16mg (10.52%), Vitamin B12: 0.56µg (9.27%), Vitamin D: 1.25µg (8.33%), Vitamin
B3: 1.04mg (5.22%)