



Chinese Noodles with Vegetables



Vegetarian



Vegan



Dairy Free

READY IN



33 min.

SERVINGS



4

CALORIES



302 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound asparagus spears diagonally sliced into 2-inch pieces
- ☐ 0.8 cup d matchstick-cut carrots
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup lightly cashews salted chopped
- ☐ 1 cup edamame refrigerated green shelled fully cooked (soybeans; such as Melissa's)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ginger fresh grated peeled
- ☐ 1 garlic clove minced

- ☐ 0.5 cup green onions diagonally sliced (5)
- ☐ 6 ounces lo mein noodles uncooked
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 1 bell pepper red cut into thin strips
- ☐ 2 tablespoons seasoned rice vinegar
- ☐ 2 teaspoons sesame oil toasted
- ☐ 0.5 teaspoon sugar

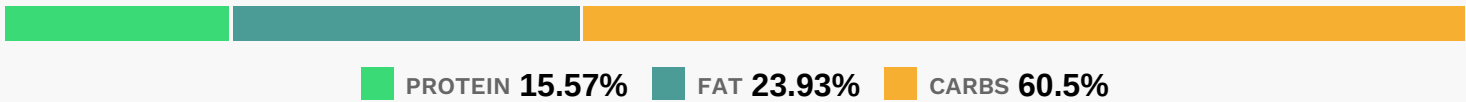
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ Add asparagus during the last 2 minutes of cooking.
- ☐ Drain and rinse under cold water.
- ☐ Drain well, and set aside.
- ☐ Combine soy sauce and next 6 ingredients in a large bowl, stirring with a whisk.
- ☐ Add noodles, asparagus, cilantro, and next 4 ingredients. Toss well.
- ☐ Serve warm, or cover and chill until ready to serve.
- ☐ Sprinkle with cashews before serving.

Nutrition Facts



Properties

Glycemic Index:81.27, Glycemic Load:1.33, Inflammation Score:-10, Nutrition Score:18.132173807725%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.05mg, Quercetin: 10.05mg, Quercetin: 10.05mg, Quercetin: 10.05mg

Nutrients (% of daily need)

Calories: 301.97kcal (15.1%), Fat: 8.24g (12.68%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 46.87g (15.62%), Net Carbohydrates: 41.32g (15.03%), Sugar: 5.78g (6.43%), Cholesterol: 0mg (0%), Sodium: 781.65mg (33.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.06g (24.13%), Vitamin A: 4885.07IU (97.7%), Vitamin K: 60.77µg (57.88%), Vitamin C: 44.84mg (54.35%), Fiber: 5.55g (22.2%), Iron: 3.52mg (19.56%), Folate: 71.47µg (17.87%), Manganese: 0.36mg (17.83%), Copper: 0.35mg (17.62%), Potassium: 552.99mg (15.8%), Magnesium: 50.6mg (12.65%), Phosphorus: 119.37mg (11.94%), Vitamin B6: 0.23mg (11.52%), Vitamin B2: 0.18mg (10.74%), Vitamin E: 1.39mg (9.25%), Vitamin B1: 0.14mg (9.15%), Calcium: 74.83mg (7.48%), Zinc: 1.09mg (7.29%), Vitamin B3: 1.37mg (6.85%), Vitamin B5: 0.52mg (5.25%), Selenium: 2.88µg (4.11%)