



WHATSheATE



HEALTH SCORE

70%

Chipotle Peanut Noodle Bowls



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



280 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup creamy peanut butter
- ☐ 0.5 cup apple juice
- ☐ 2 tablespoons soya sauce
- ☐ 2 chipotles in adobo seeded chopped (from 7-ounce can)
- ☐ 1 teaspoon chipotles in adobo canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4 cups water
- ☐ 2 medium carrots cut into julienne strips (1 1/2 cups)

- ☐ 1 medium bell pepper red cut into julienne strips
- ☐ 8 ounces salad leaves curly endive chinese
- ☐ 2 tablespoons peanuts chopped

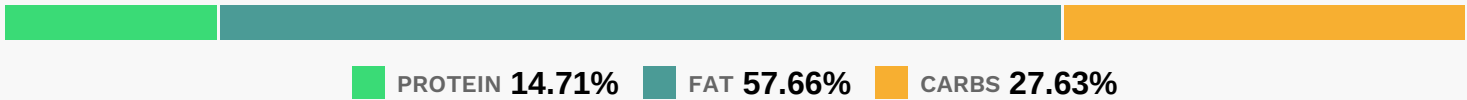
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ In medium bowl, mix peanut butter, apple juice, soy sauce, chiles and adobo sauce until smooth. Stir in the cilantro.
- ☐ In 2-quart saucepan, heat water to boiling.
- ☐ Add carrots and bell pepper; cook 1 minute.
- ☐ Remove from water with slotted spoon.
- ☐ Add noodles to water; cook and drain as directed on package.
- ☐ Toss noodles with peanut butter mixture; divide noodles among 4 bowls. Top with carrots and bell pepper.
- ☐ Sprinkle with peanuts.

Nutrition Facts



Properties

Glycemic Index:48.71, Glycemic Load:3.65, Inflammation Score:-10, Nutrition Score:26.441304196482%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 280.04kcal (14%), Fat: 19.35g (29.76%), Saturated Fat: 3.72g (23.23%), Carbohydrates: 20.86g (6.95%), Net Carbohydrates: 14.06g (5.11%), Sugar: 10.21g (11.34%), Cholesterol: 0mg (0%), Sodium: 703.56mg (30.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.1g (22.21%), Vitamin A: 9336.51IU (186.73%), Vitamin K: 177.42µg (168.97%), Vitamin C: 54.04mg (65.5%), Manganese: 1mg (49.85%), Vitamin E: 4.92mg (32.79%), Vitamin B3: 6.35mg (31.75%), Folate: 123.82µg (30.96%), Fiber: 6.81g (27.23%), Magnesium: 95.92mg (23.98%), Copper: 0.42mg (21.12%), Potassium: 673.2mg (19.23%), Phosphorus: 188.14mg (18.81%), Vitamin B6: 0.37mg (18.69%), Vitamin B5: 1.32mg (13.2%), Vitamin B2: 0.19mg (11.09%), Iron: 1.96mg (10.9%), Vitamin B1: 0.16mg (10.73%), Calcium: 102mg (10.2%), Zinc: 1.38mg (9.23%), Selenium: 2.02µg (2.89%)