



## Chopstick Noodle Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



6

CALORIES



334 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup broccoli florets
- 1 cup carrots ()
- 1 cup cauliflower florets
- 2 tablespoons sesame oil dark
- 1 tablespoon fish sauce
- 2 garlic clove minced
- 0.7 cup spring onion sliced
- 0.3 cup soy sauce low-sodium

- 16 ounce bulgar wheat uncooked (buckwheat noodles)
- 0.3 cup water
- 8 cups water
- 1 cup to 3 sized squashes yellow halved lengthwise thinly sliced

## Equipment

- bowl
- sauce pan
- colander

## Directions

- Cook the noodles according to package directions, omitting salt and fat.
- Combine onions and next 5 ingredients (through garlic) in a small bowl.
- Bring 8 cups water to a boil in a large saucepan.
- Add cauliflower, carrot, and broccoli; cook 2 minutes.
- Add squash, and cook 1 minute.
- Drain vegetables in a colander.
- Combine noodles, onion mixture, and vegetables in a large bowl; toss to coat.

## Nutrition Facts



**PROTEIN 14%** **FAT 18.75%** **CARBS 67.25%**

## Properties

Glycemic Index:42.81, Glycemic Load:25.61, Inflammation Score:-10, Nutrition Score:24.169565096498%

## Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 13.46mg, Quercetin: 13.46mg, Quercetin: 13.46mg, Quercetin: 13.46mg

## Nutrients (% of daily need)

Calories: 333.79kcal (16.69%), Fat: 7.48g (11.51%), Saturated Fat: 1.29g (8.03%), Carbohydrates: 60.41g (20.14%), Net Carbohydrates: 50.94g (18.52%), Sugar: 2.43g (2.7%), Cholesterol: 0mg (0%), Sodium: 662.07mg (28.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.57g (25.14%), Vitamin A: 3807.33IU (76.15%), Manganese: 1.19mg (59.52%), Magnesium: 204.39mg (51.1%), Copper: 0.94mg (46.78%), Vitamin K: 45.09µg (42.94%), Fiber: 9.48g (37.91%), Vitamin C: 28.44mg (34.47%), Phosphorus: 317.78mg (31.78%), Vitamin B3: 6.05mg (30.23%), Vitamin B2: 0.43mg (25.02%), Potassium: 643.84mg (18.4%), Vitamin B6: 0.33mg (16.73%), Folate: 64.6µg (16.15%), Zinc: 2.2mg (14.7%), Iron: 2.32mg (12.9%), Vitamin B5: 1.27mg (12.69%), Selenium: 7.35µg (10.5%), Vitamin B1: 0.13mg (8.75%), Calcium: 58.31mg (5.83%), Vitamin E: 0.47mg (3.11%)