



Coconut Sevai (Rice Noodles)



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



434 kcal

SIDE DISH

Ingredients



1 teaspoon mustard seed black



3 tablespoons brown lentils



0.8 cup coconut or shredded flaked



6 servings cilantro leaves fresh for garnish



2 chile peppers dried red chopped



14 ounces rice noodles



4 tablespoons roasted peanuts



1 teaspoon salt

- ☐ 3 tablespoons vegetable oil
- ☐ 0.3 cup water

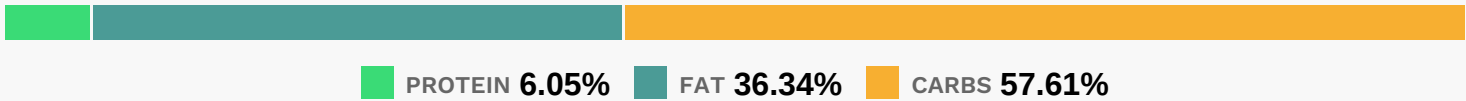
Equipment

- ☐ pot
- ☐ wok
- ☐ colander

Directions

- ☐ Place noodles in a medium size pot and add water, just to cover.
- ☐ Add salt and bring to a boil. After boiling 1 to 2 minutes, transfer noodles to a colander and let cold water run through it for about 3 seconds.
- ☐ Drain and set aside.
- ☐ Heat oil in a wok; when warm add mustard seed, chile peppers and lentils. Stir-fry until lentils start getting light brown, then add peanuts and stir-fry for 10 seconds. Stir in coconut and fry it until light brown; add cooked noodles and 1/4 cup water. Keep stirring all together over heat until well mixed, 10 to 20 seconds.
- ☐ Garnish with cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:19.1, Glycemic Load:31.76, Inflammation Score:-3, Nutrition Score:8.7582609549813%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 433.9kcal (21.7%), Fat: 17.55g (27%), Saturated Fat: 7.74g (48.39%), Carbohydrates: 62.6g (20.87%), Net Carbohydrates: 57.28g (20.83%), Sugar: 1.01g (1.12%), Cholesterol: 0mg (0%), Sodium: 541.88mg (23.56%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.14%), Manganese: 0.87mg (43.65%), Fiber: 5.33g (21.3%), Selenium: 14µg (20%), Phosphorus: 180.41mg (18.04%), Vitamin K: 13.35µg (12.72%), Copper: 0.22mg (10.85%), Folate: 41.04µg (10.26%), Magnesium: 38.15mg (9.54%), Iron: 1.48mg (8.24%), Zinc: 1.16mg (7.72%), Vitamin B3: 1.4mg (7.01%), Vitamin B1: 0.1mg (6.97%), Potassium: 193.98mg (5.54%), Vitamin B6: 0.09mg (4.74%), Vitamin E: 0.67mg (4.44%), Vitamin B5: 0.35mg (3.46%), Calcium: 26.7mg (2.67%), Vitamin B2: 0.04mg (2.57%), Vitamin A: 53.39IU (1.07%)