



Cold Curry-Peanut Noodles

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



574 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 large carrots grated
- 0.7 cup crunchy peanut butter
- 1 cucumber peeled seeded cut into thin strips
- 0.3 cup cilantro leaves fresh plus more for sprinkling
- 1 juice of lime for serving
- 4 servings kosher salt
- 1 tablespoons curry paste red
- 2 teaspoons rice wine vinegar

- 2 scallions thinly sliced
- 12 ounces pasta like spaghetti whole-wheat

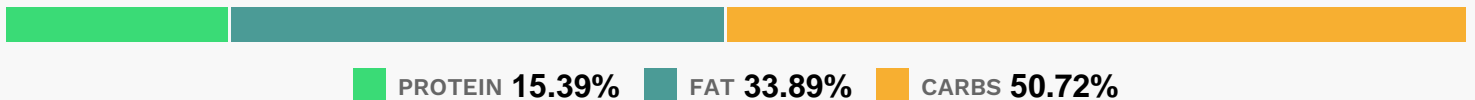
Equipment

- food processor
- bowl
- pot
- blender
- colander

Directions

- Bring a large pot of salted water to a boil.
- Add the spaghetti and cook as the label directs. Reserve about 1/2 cup cooking water, then drain in a colander and rinse under cold water. Shake off the excess water. Meanwhile, puree the peanut butter, curry paste, vinegar, lime juice, cilantro, 1/2 cup water and 1 teaspoon salt in a food processor or blender until smooth. Toss the spaghetti with the peanut sauce, scallions, cucumber and carrot in a large bowl until coated. Season with salt and stir in some of the reserved cooking water to loosen the sauce, if necessary.
- Transfer to bowls and top with more cilantro and pepper flakes, if desired.
- Serve with lime wedges.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:43.96, Glycemic Load:0.83, Inflammation Score:-10, Nutrition Score:30.595217207204%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg,

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 574.48kcal (28.72%), Fat: 23.13g (35.58%), Saturated Fat: 3.62g (22.66%), Carbohydrates: 77.89g (25.96%), Net Carbohydrates: 73.06g (26.57%), Sugar: 6.05g (6.72%), Cholesterol: 0mg (0%), Sodium: 425.33mg (18.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.62g (47.25%), Manganese: 3.47mg (173.56%), Selenium: 65.77µg (93.96%), Vitamin A: 3805.25IU (76.1%), Vitamin B3: 10.51mg (52.57%), Magnesium: 203.76mg (50.94%), Phosphorus: 382.66mg (38.27%), Copper: 0.71mg (35.32%), Vitamin B1: 0.5mg (33.45%), Folate: 107.37µg (26.84%), Iron: 4.34mg (24.12%), Vitamin K: 24.59µg (23.42%), Zinc: 3.42mg (22.82%), Vitamin B6: 0.44mg (22.05%), Potassium: 695.18mg (19.86%), Vitamin E: 2.93mg (19.55%), Fiber: 4.83g (19.32%), Vitamin B5: 1.57mg (15.68%), Vitamin B2: 0.21mg (12.15%), Vitamin C: 7.51mg (9.11%), Calcium: 81.59mg (8.16%)