



## Cold Peanut-Sesame Noodles



Vegetarian



Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



325 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 2 carrots finely grated
- ☐ 1 teaspoon chili-garlic sauce
- ☐ 12 ounces flat egg noodles chinese
- ☐ 1 small clove garlic
- ☐ 1 piece ginger peeled
- ☐ 6 servings kosher salt
- ☐ 3 tablespoons brown sugar light packed
- ☐ 0.3 cup natural peanut butter

- ☐ 0.3 cup roasted peanut oil
- ☐ 6 servings cilantro and peanuts fresh chopped for topping
- ☐ 0.3 cup rice vinegar (not seasoned)
- ☐ 1 teaspoon sesame oil toasted
- ☐ 2 tablespoons sesame seed plus more for topping toasted
- ☐ 0.3 cup soya sauce
- ☐ 0.8 cup strong tea green brewed

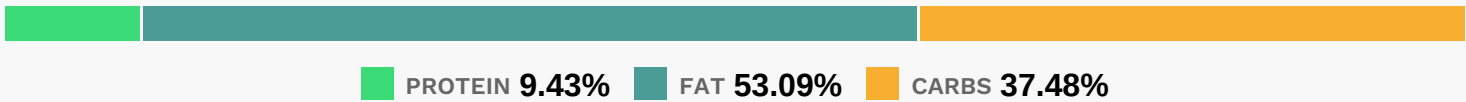
## Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

## Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the noodles and cook as the label directs, then drain.
- ☐ Combine the green tea, peanut butter, soy sauce, vinegar, brown sugar and peanut oil in a blender.
- ☐ Add the sesame seeds, chili-garlic sauce, sesame oil, ginger, garlic and 1/4 teaspoon salt; process until smooth.
- ☐ Toss the noodles with the peanut sauce and carrots in a large bowl. Chill about 1 hour. Top with cilantro, peanuts and more sesame seeds.
- ☐ Photograph by Con Poulos

## Nutrition Facts



## Properties

Glycemic Index:39.64, Glycemic Load:1.25, Inflammation Score:-9, Nutrition Score:9.6039130791374%

## Flavonoids

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Nutrients (% of daily need)

Calories: 324.5kcal (16.23%), Fat: 19.52g (30.03%), Saturated Fat: 3.83g (23.92%), Carbohydrates: 31g (10.33%), Net Carbohydrates: 28.15g (10.23%), Sugar: 9.2g (10.23%), Cholesterol: 0mg (0%), Sodium: 949.97mg (41.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.9mg (1.97%), Protein: 7.8g (15.6%), Vitamin A: 3403.92IU (68.08%), Manganese: 0.44mg (21.96%), Vitamin E: 2.87mg (19.17%), Vitamin B3: 2.63mg (13.14%), Iron: 2.13mg (11.86%), Fiber: 2.85g (11.41%), Magnesium: 42.08mg (10.52%), Copper: 0.2mg (10.11%), Phosphorus: 87.22mg (8.72%), Vitamin B6: 0.14mg (7.14%), Potassium: 205.4mg (5.87%), Folate: 22.26µg (5.56%), Calcium: 48.56mg (4.86%), Zinc: 0.68mg (4.54%), Vitamin B1: 0.06mg (4.09%), Vitamin B2: 0.07mg (3.86%), Vitamin K: 3.2µg (3.05%), Vitamin B5: 0.26mg (2.62%), Selenium: 1.81µg (2.58%), Vitamin C: 1.44mg (1.75%)