



Cold Peanut-Sesame Noodles



Vegetarian



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



522 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings cooking oil
- ☐ 0.5 cucumber seedless peeled halved lengthwise seeded cut into fine matchsticks (large)
- ☐ 1 pound egg noodles dried chinese
- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 clove garlic minced (small)
- ☐ 3 tablespoons spices: paprika powder 1 salted unsweetened
- ☐ 5 tablespoons vegetable oil; peanut oil preferred (see Note)
- ☐ 3 tablespoons rice vinegar

- ☐ 2 tablespoons rice wine
- ☐ 4 spring onion thinly sliced
- ☐ 3 tablespoons sesame oil toasted
- ☐ 3 tablespoons tahini chinese
- ☐ 1 small shallots minced (small)
- ☐ 0.3 cup soya sauce
- ☐ 3 tablespoons sugar

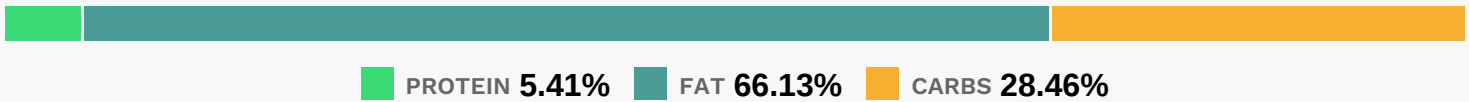
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

Directions

- ☐ In a blender, combine the ginger, soy sauce, sesame oil, peanut butter, sugar, vinegar, rice wine, garlic, sesame paste, shallot and 3 tablespoons of the peanut oil and puree until smooth.
- ☐ Transfer the sauce to a bowl and refrigerate for 45 minutes.
- ☐ In a large pot of boiling water, cook the noodles until al dente.
- ☐ Drain and rinse under cold running water until chilled. Shake out the excess water and blot dry; transfer the noodles to a bowl and toss with the remaining 2 tablespoons of peanut oil.
- ☐ Add the peanut-sesame sauce and toss well to coat.
- ☐ Garnish with the cucumber and scallions and drizzle with Ma La Oil, leaving the solid spices behind.

Nutrition Facts



Properties

Glycemic Index:40.35, Glycemic Load:4.65, Inflammation Score:-3, Nutrition Score:8.5569564518721%

Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 521.91kcal (26.1%), Fat: 38.62g (59.42%), Saturated Fat: 5.52g (34.51%), Carbohydrates: 37.4g (12.47%), Net Carbohydrates: 34.49g (12.54%), Sugar: 8.16g (9.06%), Cholesterol: 0mg (0%), Sodium: 855.51mg (37.2%), Alcohol: 0.81g (100%), Alcohol %: 0.54% (100%), Protein: 7.1g (14.21%), Vitamin K: 32.57µg (31.02%), Manganese: 0.6mg (30%), Vitamin E: 4.49mg (29.96%), Iron: 3.01mg (16.72%), Fiber: 2.91g (11.65%), Vitamin B1: 0.15mg (9.72%), Phosphorus: 92.79mg (9.28%), Copper: 0.18mg (8.94%), Magnesium: 23.09mg (5.77%), Vitamin B3: 1.09mg (5.43%), Selenium: 3.36µg (4.8%), Folate: 18.82µg (4.7%), Calcium: 46.8mg (4.68%), Potassium: 162.76mg (4.65%), Vitamin C: 3.77mg (4.57%), Vitamin B6: 0.09mg (4.32%), Zinc: 0.58mg (3.89%), Vitamin B2: 0.05mg (2.96%), Vitamin A: 119.08IU (2.38%), Vitamin B5: 0.14mg (1.37%)