



Cold Sesame Noodles

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



717 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounces angel hair pasta
- ☐ 2 tablespoons brown sugar
- ☐ 1 teaspoon chili paste depending on your taste pref red such as sambal
- ☐ 0.5 cup creamy peanut butter
- ☐ 3 tablespoons sesame oil dark
- ☐ 4 servings cilantro leaves fresh chopped for garnish
- ☐ 1 inch ginger fresh minced
- ☐ 3 garlic cloves minced

- ☐ 2 green onions thinly sliced
- ☐ 1 juice of lime juiced
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 3 tablespoons rice vinegar
- ☐ 1 tablespoon sesame seed toasted
- ☐ 3 tablespoons soya sauce
- ☐ 6 tablespoons water hot

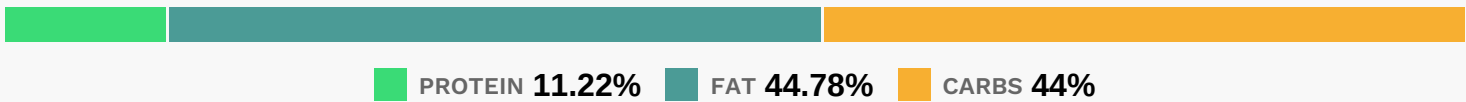
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

Directions

- ☐ Cook the noodles in large pot of boiling unsalted water over medium heat until barely tender and still firm.
- ☐ Drain immediately and rinse with cold water until cold.
- ☐ Drain the noodles really well and transfer to a wide bowl; toss with the sesame oil so they don't stick together. Chill.
- ☐ In a blender combine the peanut oil, ginger, garlic, chili paste, lime juice, brown sugar, peanut butter, vinegar, soy sauce, and hot water. Blend. Toss the noodles with the peanut sauce until well coated.
- ☐ Serve at room temperature or chilled; garnish with the sesame seeds, green onions, and cilantro.

Nutrition Facts



Properties

Glycemic Index:66.25, Glycemic Load:26.84, Inflammation Score:-6, Nutrition Score:19.399999763655%

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 Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 717.15kcal (35.86%), Fat: 36.32g (55.87%), Saturated Fat: 6.32g (39.48%), Carbohydrates: 80.3g (26.77%), Net Carbohydrates: 75.41g (27.42%), Sugar: 12.15g (13.5%), Cholesterol: 0mg (0%), Sodium: 902.85mg (39.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.48g (40.95%), Selenium: 56.39µg (80.56%), Manganese: 1.43mg (71.63%), Vitamin B3: 6.46mg (32.29%), Phosphorus: 308.92mg (30.89%), Magnesium: 116.17mg (29.04%), Vitamin E: 4.34mg (28.96%), Copper: 0.51mg (25.39%), Fiber: 4.89g (19.56%), Vitamin B6: 0.35mg (17.43%), Zinc: 2.3mg (15.34%), Vitamin K: 14.49µg (13.8%), Iron: 2.48mg (13.78%), Potassium: 464.51mg (13.27%), Folate: 52.51µg (13.13%), Vitamin B1: 0.16mg (10.41%), Vitamin B2: 0.15mg (8.71%), Vitamin B5: 0.8mg (7.99%), Calcium: 72.28mg (7.23%), Vitamin C: 4.39mg (5.33%), Vitamin A: 73.19IU (1.46%)