



## Cold Sesame Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



774 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup carrots shredded
- 0.3 cup cucumber shredded
- 1 teaspoon hot sauce
- 2 tablespoons peanut butter
- 3 oz japanese ramen noodles
- 1.5 tablespoons sesame oil toasted
- 2 packets soya sauce
- 2 packets sugar

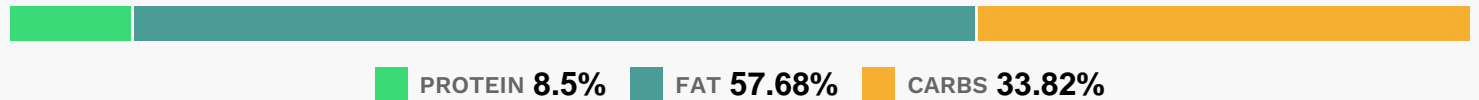
# Equipment

- bowl
- whisk
- pot

# Directions

- Cook ramen in a hot pot without the seasoning. Dunk the noodles in a bowl of ice water to cool quickly; drain.
- Whisk peanut butter, sesame oil, soy sauce, sugar and hot sauce until smooth. Toss noodles in sauce to coat.
- Mix in cucumbers and carrots.

# Nutrition Facts



# Properties

Glycemic Index:207.92, Glycemic Load:27.71, Inflammation Score:-10, Nutrition Score:23.070434964221%

# Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

# Nutrients (% of daily need)

Calories: 773.94kcal (38.7%), Fat: 50.8g (78.15%), Saturated Fat: 12.65g (79.09%), Carbohydrates: 67.03g (22.34%), Net Carbohydrates: 62.38g (22.68%), Sugar: 8.75g (9.72%), Cholesterol: 0mg (0%), Sodium: 2109.07mg (91.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.84g (33.67%), Vitamin A: 5386.55IU (107.73%), Vitamin B1: 0.95mg (63.56%), Manganese: 0.98mg (48.95%), Vitamin B3: 8.15mg (40.73%), Folate: 134.96µg (33.74%), Vitamin E: 4.72mg (31.46%), Iron: 4.2mg (23.34%), Phosphorus: 230.91mg (23.09%), Magnesium: 82.47mg (20.62%), Fiber: 4.65g (18.6%), Vitamin B2: 0.31mg (18.53%), Copper: 0.32mg (16.22%), Vitamin B6: 0.29mg (14.37%), Selenium: 9.91µg (14.16%), Potassium: 490.38mg (14.01%), Vitamin K: 14.51µg (13.82%), Zinc: 1.68mg (11.21%), Vitamin B5: 0.75mg (7.53%), Vitamin C: 6.2mg (7.51%), Calcium: 56.3mg (5.63%), Vitamin B12: 0.21µg (3.54%)