



Cold Sesame Noodles 66



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



252 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 slices roasted peanuts salted toasted thin
- ☐ 0.5 cup balsamic vinegar black chinese
- ☐ 4 vermicelli (saifun)
- ☐ 0.5 cinnamon sticks
- ☐ 0.5 tablespoon coriander seeds
- ☐ 0.3 cup candied ginger chopped
- ☐ 1 cucumber peeled seeded quartered cut into matchstick-size strips
- ☐ 1 cup cilantro leaves fresh packed ()

- ☐ 1 large fuji apple cored quartered cut into matchstick-size strips
- ☐ 5 spring onion chopped
- ☐ 1 cup soy sauce light
- ☐ 4 cups mung bean sprouts
- ☐ 6 servings satay sauce
- ☐ 0.5 thai chile red
- ☐ 0.5 cup rice wine dry chinese (rice wine)
- ☐ 0.8 cup sugar
- ☐ 0.5 cup rice vinegar

Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring first 5 ingredients to boil in medium saucepan over medium heat, stirring until sugar dissolves.
- ☐ Mix in cilantro, cinnamon, coriander, and chile.
- ☐ Remove from heat; steep 45 minutes. Strain into bowl. (Can be made 1 day ahead. Chill. Bring to room temperature before using.)
- ☐ Place noodles in large bowl.
- ☐ Add boiling water to cover.
- ☐ Let stand until noodles are soft, separating occasionally, about 10 minutes.
- ☐ Drain; return noodles to bowl. (Can be prepared 4 hours ahead.
- ☐ Let stand at room temperature. Before using, cover with warm water; drain well.)
- ☐ Pour 1/4 cup broth into each of 6 shallow bowls. Top with sprouts, noodles, Peanut-Sesame Sauce, apple, cucumber, green onions, and ginger.
- ☐ Garnish with apples, peanuts, and sesame seeds.
- ☐ *Clear dried noodles, also known as cellophane or transparent noodles; sold in the Asian foods section of some supermarkets and at Asian markets.

Nutrition Facts

 **PROTEIN 12.15%**  **FAT 2.74%**  **CARBS 85.11%**

Properties

Glycemic Index:50.18, Glycemic Load:21.17, Inflammation Score:-6, Nutrition Score:10.96521734673%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 251.71kcal (12.59%), Fat: 0.72g (1.11%), Saturated Fat: 0.07g (0.47%), Carbohydrates: 50.29g (16.76%), Net Carbohydrates: 46.81g (17.02%), Sugar: 42.55g (47.28%), Cholesterol: 0mg (0%), Sodium: 2190.52mg (95.24%), Alcohol: 3.22g (100%), Alcohol %: 1.33% (100%), Protein: 7.18g (14.36%), Vitamin K: 56.39µg (53.71%), Manganese: 0.5mg (25.24%), Vitamin C: 15.77mg (19.11%), Folate: 65.72µg (16.43%), Fiber: 3.49g (13.94%), Iron: 2.21mg (12.26%), Copper: 0.24mg (12.16%), Phosphorus: 116.23mg (11.62%), Magnesium: 46.45mg (11.61%), Vitamin B3: 2.22mg (11.11%), Vitamin B2: 0.19mg (10.92%), Potassium: 373.01mg (10.66%), Vitamin B6: 0.19mg (9.55%), Vitamin B1: 0.11mg (7.53%), Vitamin A: 354.08IU (7.08%), Vitamin B5: 0.58mg (5.78%), Calcium: 49.48mg (4.95%), Zinc: 0.66mg (4.4%), Selenium: 1.58µg (2.26%), Vitamin E: 0.28mg (1.88%)