



Cold Sesame Noodles with Golden Garlic



Vegetarian



Vegan



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



384 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 cup carrots shredded



2 celery stalks thinly sliced



4 large cloves garlic halved thinly sliced lengthwise



0.3 cup soy sauce low-sodium



0.5 bell pepper red cored seeded thinly sliced



2 tablespoons rice vinegar



8 servings salt



2 spring onion thinly sliced

- ☐ 1 tablespoon sesame oil
- ☐ 0.5 cup creamy peanut butter
- ☐ 1 pound pasta like spaghetti
- ☐ 3 tablespoons vegetable oil

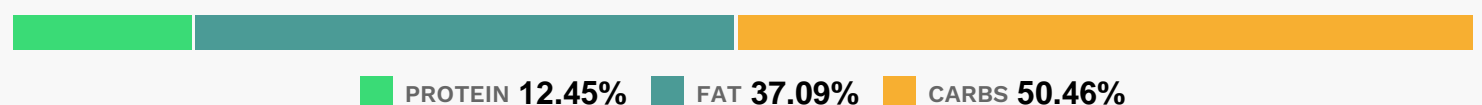
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Bring a large pot of salted water to a boil. Warm oil in a large skillet over medium heat.
- ☐ Add garlic and cook, stirring constantly, until golden brown, 1 to 2 minutes.
- ☐ Remove with a slotted spoon; set aside.
- ☐ Add celery, bell pepper and carrots to skillet and cook, stirring, until softened but not browned, 3 to 5 minutes.
- ☐ Remove from heat.
- ☐ Add spaghetti to boiling water and cook until tender yet firm, 10 to 12 minutes.
- ☐ Drain well and rinse under cold running water.
- ☐ In a large bowl, whisk together soy sauce, peanut butter, vinegar and sesame oil until blended.
- ☐ Add spaghetti to peanut butter mixture and toss until well coated. Stir in cooked vegetables.
- ☐ Sprinkle golden garlic and scallions over pasta just before serving.

Nutrition Facts



Properties

Glycemic Index:34.85, Glycemic Load:18.21, Inflammation Score:-9, Nutrition Score:15.083478336749%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 384.26kcal (19.21%), Fat: 16.05g (24.69%), Saturated Fat: 2.83g (17.67%), Carbohydrates: 49.11g (16.37%), Net Carbohydrates: 45.73g (16.63%), Sugar: 4.42g (4.91%), Cholesterol: 0mg (0%), Sodium: 566.2mg (24.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.12g (24.24%), Vitamin A: 2940.36IU (58.81%), Selenium: 36.81µg (52.59%), Manganese: 0.85mg (42.75%), Phosphorus: 186.39mg (18.64%), Vitamin K: 18.73µg (17.84%), Vitamin B3: 3.46mg (17.29%), Magnesium: 66.74mg (16.69%), Vitamin E: 2.25mg (14.99%), Vitamin C: 11.53mg (13.97%), Fiber: 3.37g (13.5%), Copper: 0.25mg (12.58%), Vitamin B6: 0.23mg (11.49%), Potassium: 329.34mg (9.41%), Folate: 36.37µg (9.09%), Zinc: 1.36mg (9.07%), Iron: 1.28mg (7.11%), Vitamin B1: 0.1mg (6.39%), Vitamin B2: 0.1mg (6.13%), Vitamin B5: 0.52mg (5.22%), Calcium: 33.63mg (3.36%)