



Cold Sesame Noodles with Summer Vegetables

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



439 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 cups savory vegetable mixed (such as carrots, radishes, cucumbers, and bell peppers;)
- 1 tablespoon sesame seed white black
- 1 cup cilantro leaves with tender stems loosely packed ()
- 6 servings pepper freshly ground
- 8 ounces soup noodles (japanese-style)
- 3 spring onion thinly sliced
- 1 tablespoon sesame oil toasted

- 1 tablespoon chili sauce hot (chili sauce)
- 0.3 cup rice vinegar
- 0.3 cup vegetable oil

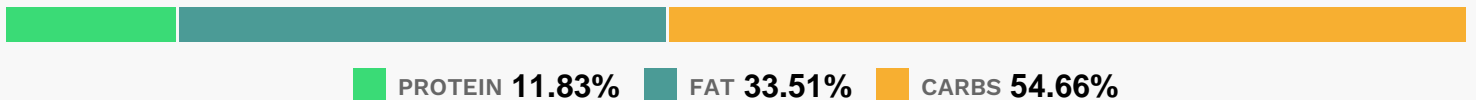
Equipment

- bowl
- whisk
- pot

Directions

- Whisk first four ingredients in a large bowl.
- Add vegetables; toss to coat. Season with salt and pepper.
- Cook noodles in a large pot of boiling salted water, stirring occasionally, until al dente; drain. Run noodles under cold water to cool them; drain well and add to bowl with vegetables.
- Add cilantro and scallions; season to taste with salt and pepper.
- Sprinkle sesame seeds over and serve.
- Per serving: 380 calories, 20g fat, 7 g fiber
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:44.67, Glycemic Load:21.84, Inflammation Score:-10, Nutrition Score:23.300000149271%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 438.51kcal (21.93%), Fat: 16.98g (26.12%), Saturated Fat: 2.62g (16.37%), Carbohydrates: 62.3g (20.77%), Net Carbohydrates: 50.91g (18.51%), Sugar: 1.51g (1.68%), Cholesterol: 0mg (0%), Sodium: 152.46mg (6.63%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.49g (26.97%), Vitamin A: 12580.05IU (251.6%), Manganese: 1.01mg (50.65%), Fiber: 11.39g (45.56%), Vitamin K: 43.61µg (41.53%), Selenium: 25.48µg (36.4%), Vitamin C: 27.49mg (33.32%), Vitamin B1: 0.35mg (23.2%), Phosphorus: 228.53mg (22.85%), Magnesium: 85.46mg (21.36%), Folate: 84.21µg (21.05%), Copper: 0.41mg (20.29%), Vitamin B3: 3.84mg (19.22%), Potassium: 646.3mg (18.47%), Iron: 3.16mg (17.57%), Vitamin B6: 0.31mg (15.45%), Vitamin B2: 0.24mg (14.31%), Zinc: 1.77mg (11.81%), Calcium: 89.5mg (8.95%), Vitamin E: 1.22mg (8.11%), Vitamin B5: 0.58mg (5.8%)