



## Cold Sesame Noodles with Vegetables

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



20

CALORIES



78 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 carrots grated
- 2 cucumbers peeled seeded cut into matchsticks
- 0.3 cup cilantro leaves fresh chopped
- 2 teaspoons ginger fresh chopped
- 1 clove garlic chopped
- 1 tablespoon brown sugar light packed
- 1 tablespoon rice vinegar
- 20 servings salt

- 3 scallions light white green finely chopped
- 1 tablespoon sesame oil
- 1 tablespoon sesame seed
- 0.3 cup smooth peanut butter
- 3 tablespoons soya sauce
- 8 ounces pasta like spaghetti whole-wheat

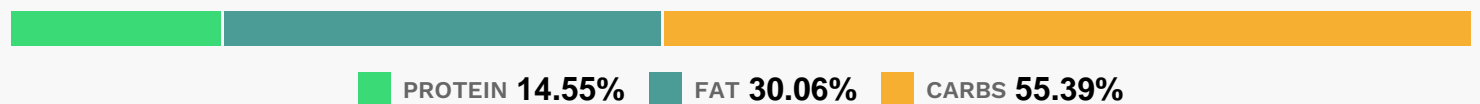
## Equipment

- bowl
- pot
- blender

## Directions

- Puree peanut butter, garlic, ginger, soy sauce, rice vinegar and brown sugar in a blender until smooth. With blender running, pour in 1/4 cup hot water and blend until smooth.
- Bring a pot of salted water to a boil. Cook noodles until just tender, about 9 minutes.
- Drain, rinse under cold water and drain again.
- Transfer to a large bowl; toss with sesame oil.
- Toss scallions, cucumbers, carrots and sauce in bowl with noodles.
- Sprinkle with cilantro and sesame seeds.

## Nutrition Facts



## Properties

Glycemic Index:14.24, Glycemic Load:0.42, Inflammation Score:-7, Nutrition Score:5.4800000657206%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 78.35kcal (3.92%), Fat: 2.78g (4.27%), Saturated Fat: 0.49g (3.06%), Carbohydrates: 11.52g (3.84%), Net Carbohydrates: 10.85g (3.95%), Sugar: 1.72g (1.91%), Cholesterol: 0mg (0%), Sodium: 364.82mg (15.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.05%), Manganese: 0.46mg (22.78%), Vitamin A: 1072.16IU (21.44%), Selenium: 8.65µg (12.36%), Magnesium: 29.08mg (7.27%), Vitamin K: 7.42µg (7.07%), Vitamin B3: 1.22mg (6.11%), Copper: 0.11mg (5.62%), Phosphorus: 55.77mg (5.58%), Vitamin B1: 0.08mg (5.29%), Folate: 16.78µg (4.19%), Iron: 0.71mg (3.97%), Vitamin B6: 0.08mg (3.79%), Potassium: 118.78mg (3.39%), Zinc: 0.47mg (3.13%), Fiber: 0.66g (2.66%), Vitamin B5: 0.25mg (2.49%), Vitamin E: 0.37mg (2.46%), Vitamin B2: 0.04mg (2.38%), Vitamin C: 1.77mg (2.14%), Calcium: 19.17mg (1.92%)