



 **100%**
HEALTH SCORE

Cold Sichuan Noodles with Spinach and Peanuts

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



1108 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon avarakkai / broad beans
- 0.3 cup peanuts toasted roughly chopped
- 0.3 cup pickled mustard greens chopped (see note above)
- 2 small to 5 chillies fresh red sliced
- 0.3 cup spring onion sliced
- 1 tablespoon sesame oil toasted
- 1 tablespoon soya sauce

- 1 large bunch pkt spinach washed trimmed (2 quarts spinach leaves)
- 2 teaspoons sugar
- 0.3 cup vegetable oil
- 2 tablespoons vinegar (see note above)
- 2 teaspoons peppercorns divided toasted
- 12 ounces pasta fresh (see note above)

Equipment

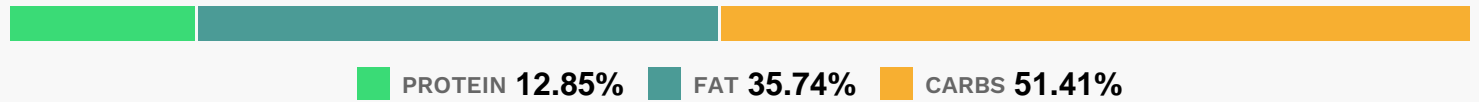
- bowl
- sauce pan
- pot
- sieve
- kitchen towels

Directions

- Bring a large pot of salted water to a boil over high heat.
- Add spinach and cook just until wilted, about 30 seconds.
- Remove with a strainer and run under cold water until chilled. Press out excess moisture, then wrap in a clean kitchen towel and squeeze to wring out water until spinach is dry and compressed.
- Roll the spinach into a tight ball and slice finely. Set aside.
- Combine chilis and half of sichuan peppercorns in a small saucepan and heat over medium-high heat, stirring often, until a toasted aroma starts coming from them, about 1 1/2 minutes.
- Add oil and cook until the oil starts to bubble slightly.
- Remove from heat and set aside until ready to use.
- In a small bowl combine sesame seed oil, soy sauce, vinegar, broad bean paste, and sugar. Stir to combine.
- Add noodles to boiling water and cook according to package directions until just cooked through.
- Transfer to a strainer and run under cold water until well chilled.

- Place noodles in a large serving bowl and add spinach.
- Add chili oil and soy sauce mixture and toss to coat.
- Sprinkle with peanuts, mustard root, sliced chilis, scallion greens, and reserved Sichuan peppercorns.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:174.17, Glycemic Load:6.63, Inflammation Score:-10, Nutrition Score:59.32782620969%

Flavonoids

Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Kaempferol: 11.02mg, Kaempferol: 11.02mg, Kaempferol: 11.02mg, Kaempferol: 11.02mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg

Nutrients (% of daily need)

Calories: 1108.31kcal (55.42%), Fat: 46.78g (71.97%), Saturated Fat: 7.18g (44.89%), Carbohydrates: 151.39g (50.46%), Net Carbohydrates: 142.75g (51.91%), Sugar: 7.95g (8.83%), Cholesterol: 0mg (0%), Sodium: 714.26mg (31.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.85g (75.71%), Vitamin K: 935.36µg (890.82%), Manganese: 8mg (399.9%), Vitamin A: 16554.54IU (331.09%), Selenium: 128.26µg (183.22%), Vitamin C: 114.94mg (139.32%), Folate: 506.84µg (126.71%), Magnesium: 441.41mg (110.35%), Vitamin B1: 1.14mg (76.16%), Iron: 13mg (72.22%), Vitamin B3: 13.98mg (69.9%), Copper: 1.32mg (66.08%), Phosphorus: 653.53mg (65.35%), Potassium: 1887.2mg (53.92%), Vitamin B6: 1.06mg (53.23%), Vitamin E: 6.23mg (41.51%), Vitamin B2: 0.67mg (39.67%), Zinc: 5.69mg (37.93%), Fiber: 8.64g (34.56%), Calcium: 304.94mg (30.49%), Vitamin B5: 2.35mg (23.52%)