



## Crunchy Noodle Salad

 Vegetarian  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



485 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 tablespoons sesame oil dark
- 1 teaspoon ginger fresh grated
- 3 tablespoons parsley leaves fresh chopped
- 2 garlic cloves minced
- 1 tablespoon honey
- 6 servings kosher salt
- 2 bell peppers red cored seeded thinly sliced
- 0.3 cup rice wine vinegar

- 4 scallions white green sliced ( and parts)
- 0.5 cup smooth peanut butter
- 0.3 cup soya sauce
- 0.5 pound pasta like spaghetti thin
- 1 pound sugar snap peas
- 1 cup vegetable oil
- 3 tablespoons sesame seed white divided toasted

## Equipment

- bowl
- whisk
- pot
- slotted spoon

## Directions

- Watch how to make this recipe.
- Bring a large pot of salted water to a boil.
- Add the spaghetti and cook according to package directions.
- Drain and set aside.
- Meanwhile, bring another large pot of salted water to a boil, add the sugar snap peas, return to a boil, and cook for 3 to 5 minutes, until crisp tender. Lift the sugar snap peas from the water with a slotted spoon and immerse them in a bowl of ice water.
- Drain.
- For the dressing, whisk together the vegetable oil, rice wine vinegar, soy sauce, sesame oil, honey, garlic, ginger, 2 tablespoons sesame seeds and peanut butter in a medium bowl.
- Combine the spaghetti, sugar snap peas, peppers and scallions in a large bowl.
- Pour the dressing over the spaghetti mixture.
- Add the remaining 1 tablespoon of sesame seeds and the parsley and toss together.

## Nutrition Facts



■ PROTEIN 11.73% ■ FAT 50.76% ■ CARBS 37.51%

## Properties

Glycemic Index:58.21, Glycemic Load:14.37, Inflammation Score:-9, Nutrition Score:26.572173864945%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

## Nutrients (% of daily need)

Calories: 485.02kcal (24.25%), Fat: 28.13g (43.28%), Saturated Fat: 4.72g (29.49%), Carbohydrates: 46.77g (15.59%), Net Carbohydrates: 40.84g (14.85%), Sugar: 11.28g (12.54%), Cholesterol: 0mg (0%), Sodium: 1016.28mg (44.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.63g (29.25%), Vitamin C: 100.64mg (121.99%), Vitamin K: 84.64µg (80.61%), Manganese: 1.1mg (54.8%), Vitamin A: 2312.41IU (46.25%), Selenium: 27.09µg (38.71%), Vitamin B3: 5.12mg (25.58%), Magnesium: 101.64mg (25.41%), Vitamin E: 3.68mg (24.57%), Phosphorus: 242.95mg (24.3%), Fiber: 5.92g (23.7%), Vitamin B6: 0.46mg (23.17%), Copper: 0.46mg (23.1%), Folate: 89.79µg (22.45%), Iron: 3.78mg (20.99%), Vitamin B1: 0.25mg (16.4%), Potassium: 527.12mg (15.06%), Zinc: 1.82mg (12.15%), Vitamin B2: 0.2mg (11.67%), Vitamin B5: 1.16mg (11.57%), Calcium: 106.69mg (10.67%)