



Crunchy Noodle Salad with Cabbage and Peanut Sauce

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



8

CALORIES



159 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 carrots shredded
- 0.3 cup cilantro leaves chopped
- 2 green onions thinly sliced
- 1 package wonton skins sliced for garnish thin
- 1 pinch pepper flakes red
- 0.3 cup rice wine vinegar
- 1 head romaine lettuce shredded

- 2 teaspoons sesame oil toasted
- 0.5 cup smooth natural peanut butter
- 2 teaspoons soya sauce
- 1 teaspoon sugar
- 1 tablespoon water
- 1 head cabbage shredded white

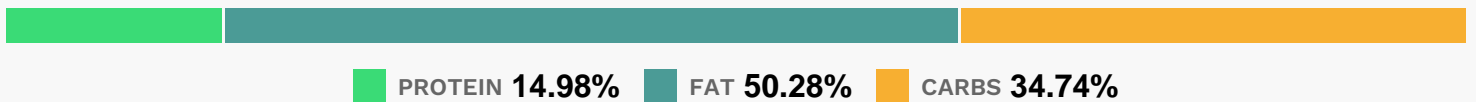
Equipment

- bowl
- whisk

Directions

- Combine lettuce, cabbage, carrots, crunchy noodles and green onions in a large bowl.
- Whisk together peanut butter, vinegar, water, pepper flakes, sesame oil, soy sauce, and sugar in a bowl. If the dressing is still too thick you may add more water. Toss the cabbage mixture with the peanut sauce and place on a large platter. Top with extra crunchy noodles and chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:37.99, Glycemic Load:2.94, Inflammation Score:-10, Nutrition Score:21.413912990819%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 159.09kcal (7.95%), Fat: 9.68g (14.89%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 15.04g (5.01%), Net Carbohydrates: 9.25g (3.36%), Sugar: 7.58g (8.42%), Cholesterol: 0.12mg (0.04%), Sodium: 193.65mg (8.42%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.49g (12.97%), Vitamin A: 9541.89IU (190.84%), Vitamin K: 176.44µg (168.04%), Vitamin C: 46.27mg (56.09%), Folate: 174.49µg (43.62%), Manganese: 0.58mg (29.01%), Fiber: 5.79g (23.16%), Potassium: 540.45mg (15.44%), Vitamin B6: 0.3mg (14.86%), Vitamin B3: 2.89mg (14.44%), Magnesium: 55.1mg (13.78%), Vitamin E: 1.89mg (12.6%), Phosphorus: 116.64mg (11.66%), Vitamin B1: 0.16mg (10.72%), Iron: 1.71mg (9.51%), Calcium: 87.57mg (8.76%), Vitamin B2: 0.14mg (8.42%), Copper: 0.14mg (7.01%), Vitamin B5: 0.58mg (5.75%), Zinc: 0.85mg (5.68%), Selenium: 1.41µg (2.01%)