



Crunchy Sprout Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



256 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado sliced
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 cup bean sprouts
- ☐ 2 carrots shredded
- ☐ 1 cucumber peeled seeded chopped
- ☐ 1 cup radishes thinly sliced
- ☐ 3 ounce japanese ramen noodles
- ☐ 0.3 cup sesame seed

☐ 0.3 cup vegetable oil

Equipment

☐ bowl

☐ frying pan

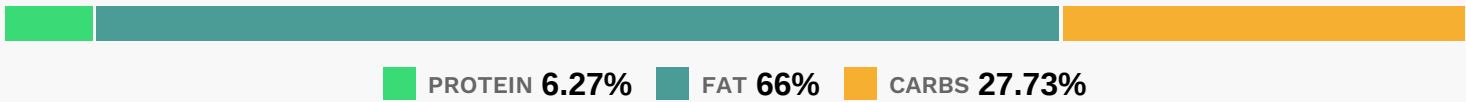
☐ oven

☐ whisk

Directions

- ☐ Bake sesame seeds in a shallow pan at 375, stirring occasionally, 3 to 5 minutes or until toasted.
- ☐ Remove from pan; cool.
- ☐ Crumble noodles in pan, reserving seasoning packet for other use; bake at 375, stirring occasionally,6 minutes or until browned. Cool.
- ☐ Whisk together oil and vinegar.
- ☐ Combine half of noodles, carrot, and next 3 ingredients in a bowl; add vinaigrette, tossing well.
- ☐ Sprinkle with sesame seeds and remaining noodles; arrange avocado on top.

Nutrition Facts



Properties

Glycemic Index:44.31, Glycemic Load:5.89, Inflammation Score:-9, Nutrition Score:14.013478229875%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Pelargonidin: 12.21mg, Pelargonidin: 12.21mg, Pelargonidin: 12.21mg, Pelargonidin: 12.21mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 256.23kcal (12.81%), Fat: 19.49g (29.99%), Saturated Fat: 3.63g (22.67%), Carbohydrates: 18.42g (6.14%), Net Carbohydrates: 13.73g (4.99%), Sugar: 3.63g (4.03%), Cholesterol: 0mg (0%), Sodium: 315.95mg (13.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.34%), Vitamin A: 3487.23IU (69.74%), Vitamin K: 33.94µg (32.33%), Copper: 0.41mg (20.67%), Fiber: 4.69g (18.77%), Manganese: 0.37mg (18.74%), Folate: 70.2µg (17.55%), Vitamin B1: 0.26mg (17.08%), Vitamin C: 10.2mg (12.36%), Vitamin E: 1.82mg (12.16%), Magnesium: 47.75mg (11.94%), Potassium: 414.1mg (11.83%), Iron: 2.02mg (11.21%), Vitamin B6: 0.22mg (11.14%), Phosphorus: 100.78mg (10.08%), Calcium: 90.18mg (9.02%), Vitamin B3: 1.78mg (8.88%), Vitamin B2: 0.14mg (8.13%), Vitamin B5: 0.75mg (7.48%), Zinc: 1.05mg (6.98%), Selenium: 3.94µg (5.63%)