



Curry-Spiced Noodles



Vegetarian



Vegan



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



390 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup julienne-cut bell pepper green
- ☐ 2 cups julienne-cut bell pepper red
- ☐ 2 cups julienne-cut carrot
- ☐ 0.3 cup cilantro leaves
- ☐ 0.3 cup dry-roasted unsalted chopped
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 8 garlic cloves minced
- ☐ 3 green onions thinly sliced

- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon ground turmeric
- ☐ 0.3 teaspoon kosher salt
- ☐ 3 tablespoons lemongrass fresh peeled chopped
- ☐ 2 teaspoons lower-sodium soy sauce
- ☐ 4 teaspoons vegetable oil; peanut oil preferred divided
- ☐ 1 tablespoon curry paste red
- ☐ 8 ounces shiitake mushroom caps thinly sliced
- ☐ 8 ounces udon noodles dry thick (, round Japanese wheat noodles)
- ☐ 1 cup vegetable broth organic
- ☐ 0.5 cup water

Equipment

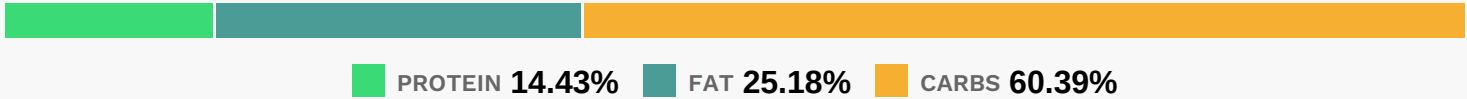
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook noodles according to package directions, omitting salt and fat. Set noodles aside; keep warm.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 2 teaspoons peanut oil to pan; swirl to coat.
- ☐ Add carrot to pan; saut 2 minutes.
- ☐ Add bell peppers; saut 2 minutes.
- ☐ Remove carrot mixture from pan.
- ☐ Heat the remaining 2 teaspoons oil in pan over medium-high heat; swirl to coat.
- ☐ Add mushrooms; saut for 2 minutes.
- ☐ Add lemongrass and the next 5 ingredients (through garlic); cook for 1 minute, stirring constantly.

- ☐ Add broth, 1/2 cup water, soy sauce, and salt. Bring to a boil; cover, reduce heat, and simmer for 2 minutes or until slightly thick.
- ☐ Add noodles, carrot mixture, and onions; cook for 2 minutes, tossing to combine. Divide noodle mixture evenly among 4 bowls; top with cilantro and cashews.

Nutrition Facts



Properties

Glycemic Index:85.54, Glycemic Load:25.05, Inflammation Score:-10, Nutrition Score:25.049565284149%

Flavonoids

Luteolin: 2.28mg, Luteolin: 2.28mg, Luteolin: 2.28mg, Luteolin: 2.28mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 389.77kcal (19.49%), Fat: 11.55g (17.77%), Saturated Fat: 1.65g (10.31%), Carbohydrates: 62.31g (20.77%), Net Carbohydrates: 52.19g (18.98%), Sugar: 15.15g (16.84%), Cholesterol: 0mg (0%), Sodium: 1249.47mg (54.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.89g (29.78%), Vitamin A: 14071.19IU (281.42%), Vitamin C: 133.72mg (162.08%), Manganese: 0.95mg (47.49%), Fiber: 10.11g (40.45%), Vitamin K: 37.87µg (36.07%), Vitamin B6: 0.7mg (35.17%), Vitamin B3: 5.34mg (26.72%), Potassium: 788.54mg (22.53%), Vitamin E: 2.98mg (19.86%), Folate: 77.79µg (19.45%), Phosphorus: 174.77mg (17.48%), Vitamin B2: 0.28mg (16.73%), Magnesium: 61.67mg (15.42%), Vitamin B5: 1.49mg (14.93%), Iron: 2.6mg (14.44%), Copper: 0.25mg (12.34%), Vitamin B1: 0.16mg (10.35%), Zinc: 1.53mg (10.17%), Selenium: 5.29µg (7.55%), Calcium: 74.78mg (7.48%), Vitamin D: 0.23µg (1.51%)