



## Dan Dan Noodles

 Dairy Free

READY IN



31 min.

SERVINGS



4

CALORIES



572 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 tablespoon vinegar black chinese
- 1 tablespoon chili oil
- 0.3 cup creamy peanut butter
- 1 tablespoon brown sugar dark
- 2 tablespoons ginger fresh grated
- 4 cloves garlic minced
- 0.3 cup chicken broth low-sodium
- 2 tablespoons soya sauce low-sodium

- 8 ounces japanese ramen noodles
- 0.5 cup roasted peanuts chopped
- 3 scallions finely chopped
- 1 tablespoon sesame oil toasted

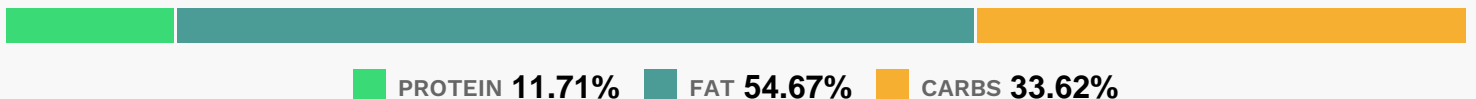
## Equipment

- food processor
- bowl
- mixing bowl
- pot
- colander

## Directions

- Place the peanut butter, garlic, ginger, soy sauce, brown sugar, sesame oil, black vinegar, and chili oil into the bowl of a mini-food processor. Process until the mixture is well combined and forms a paste, 1 to 2 minutes. With the processor running, gradually add the chicken broth and process until the sauce is creamy and well combined, 1 to 2 minutes.
- Transfer to a large mixing bowl, cover, and set aside while you prepare the rest of the dish.
- Place 4 quarts water into a large pot and bring to a boil over high heat.
- Add the noodles and cook until al dente, 1 to 1 1/2 minutes.
- Drain thoroughly in a colander.
- Add the noodles to the bowl with the sauce and toss to combine.
- Serve topped with the peanuts and scallions.

## Nutrition Facts



## Properties

Glycemic Index:47, Glycemic Load:17.31, Inflammation Score:-6, Nutrition Score:17.560869538266%

## Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

## **Nutrients (% of daily need)**

Calories: 572.3kcal (28.62%), Fat: 35.97g (55.34%), Saturated Fat: 8.85g (55.34%), Carbohydrates: 49.78g (16.59%), Net Carbohydrates: 45.4g (16.51%), Sugar: 6.42g (7.13%), Cholesterol: 0mg (0%), Sodium: 1621.47mg (70.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.33g (34.67%), Manganese: 1.14mg (57.04%), Vitamin B1: 0.69mg (45.73%), Vitamin B3: 8.29mg (41.46%), Folate: 115.34µg (28.83%), Phosphorus: 238.08mg (23.81%), Vitamin K: 24.56µg (23.39%), Vitamin E: 3.46mg (23.08%), Magnesium: 90.07mg (22.52%), Iron: 3.45mg (19.16%), Fiber: 4.38g (17.53%), Copper: 0.35mg (17.35%), Vitamin B2: 0.24mg (14.04%), Potassium: 460.72mg (13.16%), Vitamin B6: 0.26mg (12.77%), Selenium: 8.52µg (12.17%), Zinc: 1.55mg (10.36%), Vitamin B5: 0.7mg (7%), Calcium: 63.45mg (6.35%), Vitamin C: 2.97mg (3.6%), Vitamin B12: 0.16µg (2.61%), Vitamin A: 96.8IU (1.94%)