






 **14%**
HEALTH SCORE

Sczechuan Noodles

 Vegetarian  Dairy Free

READY IN

35 min.

SERVINGS

8

CALORIES

517 kcal

- SIDE DISH
- LUNCH
- MAIN COURSE
- MAIN DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 teaspoon chili oil hot
- 2 tablespoons sesame oil dark
- 0.3 cup sherry dry
- 0.3 cup ginger fresh peeled chopped
- 6 garlic clove chopped
- 0.1 teaspoon ground pepper
- 0.3 cup honey

- 1 bell pepper red julienned
- 4 spring onion white green sliced (and parts)
- 0.3 cup sherry vinegar
- 0.5 cup creamy peanut butter
- 0.5 cup soya sauce good
- 1 pound pasta like spaghetti
- 0.5 cup tahini (sesame paste)
- 0.5 cup vegetable oil
- 1 bell pepper yellow julienned

Equipment

- food processor
- bowl
- pot
- colander

Directions

- Place the garlic and ginger in a food processor fitted with a steel blade.
- Add the vegetable oil, tahini, peanut butter, soy sauce, sherry, sherry vinegar, honey, chili oil, sesame oil, and ground peppers. Puree the sauce.
- Add a splash of oil to a large pot of boiling salted water and cook the spaghetti al dente.
- Drain the pasta in a colander, place it in a large bowl, and while still warm, toss with 3/4 of the sauce.
- Add the red and yellow bell peppers and scallions; toss well.
- Serve warm or at room temperature. The remaining sauce may be added, as needed, to moisten the pasta.

Nutrition Facts



PROTEIN 12.02% FAT 40.46% CARBS 47.52%

Properties

Glycemic Index:38.91, Glycemic Load:22.68, Inflammation Score:-7, Nutrition Score:19.342173990996%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 517.1kcal (25.86%), Fat: 23.67g (36.41%), Saturated Fat: 3.87g (24.21%), Carbohydrates: 62.56g (20.85%), Net Carbohydrates: 58.38g (21.23%), Sugar: 13.06g (14.52%), Cholesterol: 0mg (0%), Sodium: 891.86mg (38.78%), Alcohol: 0.77g (100%), Protein: 15.82g (31.63%), Selenium: 42.31µg (60.44%), Vitamin C: 49.06mg (59.47%), Manganese: 0.95mg (47.7%), Phosphorus: 315.96mg (31.6%), Copper: 0.54mg (26.81%), Vitamin B3: 4.9mg (24.5%), Vitamin B1: 0.34mg (22.78%), Magnesium: 85.5mg (21.37%), Vitamin K: 19.19µg (18.28%), Fiber: 4.18g (16.72%), Vitamin B6: 0.32mg (15.78%), Vitamin E: 2.13mg (14.18%), Folate: 56.67µg (14.17%), Zinc: 2.12mg (14.16%), Iron: 2.42mg (13.42%), Potassium: 433.97mg (12.4%), Vitamin A: 579.25IU (11.58%), Vitamin B2: 0.14mg (7.95%), Vitamin B5: 0.58mg (5.78%), Calcium: 57.77mg (5.78%)