



Herb Noodle Salad (Bun)

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



388 kcal

Ingredients

- ☐ 4 servings vietnamese dipping sauce
- ☐ 4 servings grilled beef with lemon grass and garlic
- ☐ 1 piece cucumber peeled halved seeded sliced into 1 1/2-in. matchsticks (3 in.)
- ☐ 3 tablespoons dry-roasted peanuts unsalted crushed
- ☐ 1 cup mint leaves fresh loosely packed
- ☐ 0.3 cup fried garlic sliced
- ☐ 2 green onions thinly sliced
- ☐ 1 lime cut in wedges
- ☐ 1 cup mung bean sprouts fresh rinsed

- ☐ 4 servings peppery grilled shrimp
- ☐ 4 servings sautéed tofu
- ☐ 0.5 pound mai fun

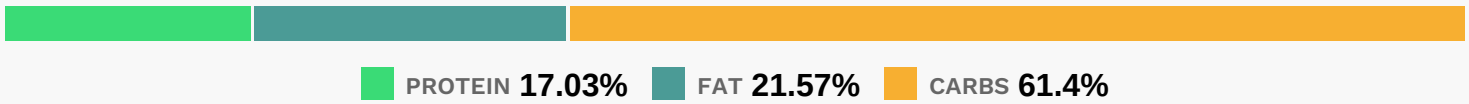
Equipment

- ☐ bowl

Directions

- ☐ Boil vermicelli according to package instructions.
- ☐ Drain, rinse with cool water, put in a bowl, and cover with a towel.
- ☐ Set out herbs, cucumber, sprouts, and lime wedges on a platter. Set out cooked toppings on platters.
- ☐ Serve garnishes and dipping sauce in small bowls.
- ☐ Before serving, check noodles; if gummy, rinse again and drain. Guests assemble their own salads: first noodles; then herbs (loosely torn), cucumber, and sprouts; then toppings; then garnishes and a drizzle of lime and/or dipping sauce.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:28.58, Inflammation Score:-5, Nutrition Score:12.107391471448%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 388.14kcal (19.41%), Fat: 9.39g (14.45%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 60.16g (20.05%), Net Carbohydrates: 55.74g (20.27%), Sugar: 3.33g (3.7%), Cholesterol: 1.61mg (0.54%), Sodium: 159.5mg (6.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.69g (33.38%), Manganese: 0.79mg (39.33%), Vitamin K: 39.06µg (37.2%), Calcium: 206.12mg (20.61%), Vitamin C: 15.6mg (18.91%), Fiber: 4.42g (17.68%), Phosphorus:

169.07mg (16.91%), Iron: 2.86mg (15.89%), Selenium: 10.72µg (15.32%), Copper: 0.25mg (12.36%), Folate: 46.2µg (11.55%), Vitamin B6: 0.21mg (10.63%), Magnesium: 40.31mg (10.08%), Potassium: 316.71mg (9.05%), Vitamin B3: 1.65mg (8.27%), Vitamin A: 400.64IU (8.01%), Vitamin B1: 0.12mg (7.69%), Zinc: 1mg (6.68%), Vitamin B2: 0.09mg (5.46%), Vitamin B5: 0.53mg (5.29%), Vitamin E: 0.23mg (1.55%)