

 food
network

Hot and Cold Sesame Noodles

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



618 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups cabbage and carrot mix shredded
- 1 tablespoon sesame oil dark
- 2 tablespoons hot sauce
- 1 cup pea shoots
- 2 tablespoons rice wine vinegar
- 3 scallions chopped
- 2 tablespoons sesame seed
- 0.3 cup smooth peanut butter softened

- 0.5 pound pasta like spaghetti
- 0.3 cup tamari soy dark

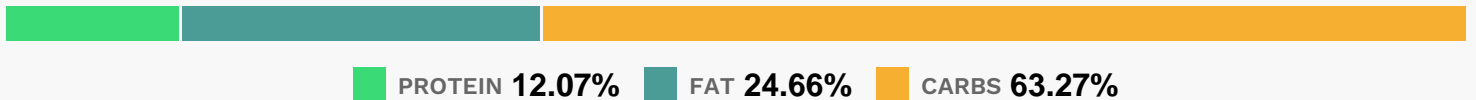
Equipment

- bowl
- whisk
- colander

Directions

- Cook pasta to al dente, with a bite to it, then cold shock it to stop the cooking process by running it under cold water in colander.
- Drain the pasta very well.
- In the bottom of a large bowl, whisk together soy, peanut butter, vinegar, oil, sesame oil, and hot sauce.
- Add noodles and veggies and toss to combine the noodles and coat them evenly with sauce.
- Sprinkle scallions and sesame seeds throughout the salad and serve.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:17.82, Inflammation Score:-9, Nutrition Score:17.705652340599%

Flavonoids

Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 617.81kcal (30.89%), Fat: 16.83g (25.89%), Saturated Fat: 2.58g (16.13%), Carbohydrates: 97.14g (32.38%), Net Carbohydrates: 91.1g (33.13%), Sugar: 30.55g (33.94%), Cholesterol: 0mg (0%), Sodium: 1325.54mg (57.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.53g (37.05%), Selenium: 38.24µg (54.62%), Manganese: 1mg (49.9%), Vitamin A: 1726.08IU (34.52%), Vitamin K: 27.95µg (26.62%), Fiber: 6.04g (24.16%), Copper: 0.47mg (23.34%), Phosphorus: 224.24mg (22.42%), Iron: 3.86mg (21.44%), Magnesium: 84.81mg (21.2%), Vitamin B3: 4.12mg (20.6%), Vitamin C: 12.51mg (15.16%), Folate: 52.57µg (13.14%), Vitamin B6: 0.25mg (12.56%), Zinc: 1.73mg (11.54%),

Calcium: 114.57mg (11.46%), Vitamin E: 1.67mg (11.16%), Potassium: 339.94mg (9.71%), Vitamin B1: 0.14mg (9.51%),
Vitamin B2: 0.14mg (8.32%), Vitamin B5: 0.58mg (5.85%)