



WHATSheATE



Hot-and-Sour Peanuty Noodles with Bok Choy



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



401 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound baby bok choy separated roughly chopped
- ☐ 1 tablespoon sesame oil dark
- ☐ 1 piece ginger peeled finely chopped (1 inch)
- ☐ 2.3 teaspoons kosher salt divided
- ☐ 2 tablespoons soy sauce low-sodium
- ☐ 1 bell pepper red sliced
- ☐ 0.3 teaspoon pepper red to taste ()
- ☐ 1 tablespoon rice vinegar

- ☐ 0.5 cup roasted peanuts unsalted chopped
- ☐ 1 large shallots sliced
- ☐ 1 tablespoon unrefined sunflower oil
- ☐ 0.8 cup vegetable stock low-sodium
- ☐ 8 ounces spaghetti whole-wheat

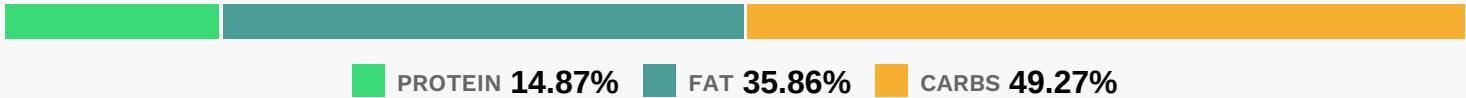
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta as directed on package with 2 teaspoons salt until just tender.
- ☐ Drain and rinse pasta with cool water. In a large nonstick skillet, heat canola oil over medium-high heat. Cook shallot and ginger, stirring, until just brown, 1 minute.
- ☐ Add bok choy stems, bell pepper and remaining 1/4 teaspoon salt. Cook, stirring frequently, until peppers are crisp-tender, 1 to 2 minutes.
- ☐ Transfer contents of skillet to a plate. To same skillet, add bok choy leaves, stock, soy sauce, sesame oil and vinegar. Cook, stirring, until leaves are soft and bright green, 1 to 2 minutes.
- ☐ Add bell pepper mixture, pasta, peanuts and pepper flakes to pan. Toss to combine; serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:0.93, Inflammation Score:-10, Nutrition Score:27.576956634936%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 401.07kcal (20.05%), Fat: 16.89g (25.99%), Saturated Fat: 2.4g (14.97%), Carbohydrates: 52.22g (17.41%), Net Carbohydrates: 48.51g (17.64%), Sugar: 3.33g (3.7%), Cholesterol: 0mg (0%), Sodium: 1933.9mg (84.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.76g (31.53%), Vitamin A: 6108.85IU (122.18%), Manganese: 2.26mg (112.96%), Vitamin C: 89.7mg (108.72%), Selenium: 42.96µg (61.38%), Magnesium: 123.15mg (30.79%), Vitamin B3: 6.06mg (30.28%), Phosphorus: 242.81mg (24.28%), Vitamin B1: 0.36mg (23.89%), Iron: 3.65mg (20.26%), Copper: 0.4mg (19.95%), Folate: 74.87µg (18.72%), Calcium: 174.21mg (17.42%), Vitamin B6: 0.3mg (14.98%), Fiber: 3.72g (14.87%), Vitamin E: 2.04mg (13.63%), Zinc: 1.89mg (12.58%), Potassium: 385.38mg (11.01%), Vitamin B5: 0.95mg (9.55%), Vitamin B2: 0.14mg (8.48%), Vitamin K: 2.31µg (2.2%)