



HEALTH SCORE

59%

Japanese noodles with sesame dressing



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



545 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 200 g soup noodles
- ☐ 100 g sugar snap peas halved
- ☐ 1 bell pepper red deseeded thinly sliced
- ☐ 0.5 into ribbons peeled sliced
- ☐ 2 tsp sesame seed toasted
- ☐ 2 tbsp tahini
- ☐ 2 tbsp soya sauce
- ☐ 2 tbsp rice vinegar

☐ 1 tbsp sugar

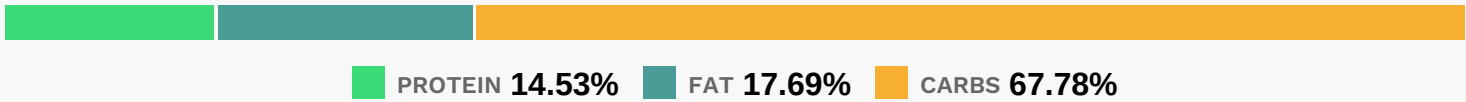
Equipment

☐ bowl

Directions

- ☐ First make the dressing.
- ☐ Mix the tahini with 2 tbsp water, then stir in the soy sauce, rice vinegar and sugar. Set aside.
- ☐ Cook the noodles following pack instructions, then drain and rinse well under cold water. Divide the noodles between 2 bowls and top with the sugar snaps, red pepper and cucumber. Just before serving, pour over the dressing and sprinkle with the toasted sesame seeds.

Nutrition Facts



Properties

Glycemic Index:143.05, Glycemic Load:35.24, Inflammation Score:-9, Nutrition Score:28.011739233266%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 545.24kcal (27.26%), Fat: 10.77g (16.58%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 92.9g (30.97%), Net Carbohydrates: 86.06g (31.29%), Sugar: 13.48g (14.98%), Cholesterol: 0mg (0%), Sodium: 1021.7mg (44.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.92g (39.84%), Vitamin C: 106.79mg (129.44%), Selenium: 69.87µg (99.81%), Manganese: 1.26mg (62.77%), Vitamin A: 2416.67IU (48.33%), Phosphorus: 386.52mg (38.65%), Copper: 0.69mg (34.4%), Vitamin B1: 0.46mg (30.82%), Fiber: 6.84g (27.37%), Magnesium: 100.89mg (25.22%), Vitamin B6: 0.47mg (23.49%), Iron: 3.99mg (22.16%), Folate: 86.29µg (21.57%), Vitamin B3: 4.23mg (21.17%), Zinc: 2.62mg (17.5%), Potassium: 565.89mg (16.17%), Vitamin K: 15.52µg (14.78%), Vitamin B2: 0.2mg (11.89%), Vitamin B5: 1.06mg (10.64%), Calcium: 91.92mg (9.19%), Vitamin E: 1.25mg (8.34%)