



WHATSheATE



Lime Noodles with Vegetables, Basil, and Sesame



Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



1046 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 pound bell pepper assorted julienned peeled fine (stems are)
- ☐ 2 cups basil fresh
- ☐ 1.5 cups mint leaves fresh
- ☐ 10 garlic clove thinly sliced
- ☐ 1.3 cups grapeseed oil neutral
- ☐ 0.8 cup juice of lime fresh
- ☐ 1 pound vermicelli dried hot softened drained

- ☐ 1 tablespoon salt as needed plus more
- ☐ 0.5 cup sugar
- ☐ 0.5 cup butter unsalted
- ☐ 0.8 cup sesame seed white plus more for garnish

Equipment

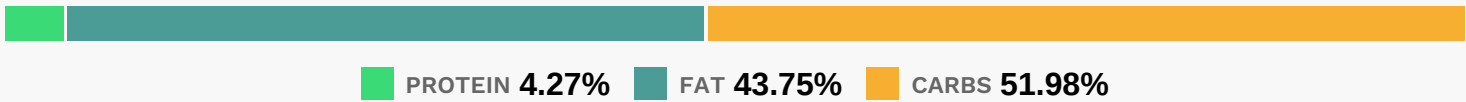
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ blender

Directions

- ☐ Put 3 tablespoons of the oil in a medium skillet over medium-low heat.
- ☐ Add the garlic and cook, stirring occasionally, until the garlic turns golden, about 10 minutes; set aside.
- ☐ Meanwhile, combine the lime juice and sugar in a small saucepan and bring to a boil. Set aside.
- ☐ Fill a large bowl with water and ice and set aside.
- ☐ Bring a small pot of water to a boil and add the basil and mint leaves. As soon as the water returns to a boil, drain the leaves and transfer to the ice water. When cold, drain again and squeeze dry. Purée in a blender with the sesame seeds, garlic, salt, and 1 cup of the oil. (This herb paste will keep, refrigerated, for 2 days.)
- ☐ Heat the remaining 3 tablespoons oil in a skillet over high heat.
- ☐ Add the vegetables and some salt and cook, tossing, just until brightly colored. Keep warm.
- ☐ Bring a large pot of water to a boil and salt it. Cook the noodles until tender, 30 seconds.
- ☐ Drain and transfer to a large skillet set over high heat with the butter and lime syrup; add salt to taste and cook, tossing, until well mixed and creamy.
- ☐ Put the noodles in a warmed serving bowl; drizzle liberally with the basil-mint paste, top with the vegetables, garnish with the sesame seeds, and serve.
- ☐ Taste

- ☐ Book, using the USDA Nutrition Database
- ☐ From Asian Flavors of Jean-Georges by Jean-Georges Vongerichten Copyright (c) 2007 by Jean-Georges Vongerichten Published by Broadway Books.JEAN-GEORGES VONGERICHTEN became a culinary star when he first began cooking at Lafayette in New York City. He went on to establish the charming bistro JoJo in New York; introduced “fusion” cooking at Vong (three stars from the New York Times), which now has an outpost in Chicago; created the four-star Jean-Georges and hugely successful Spice Market and 66 in New York; opened Rama (Spice Market meets Vong) in London; and opened several acclaimed restaurants in cities from Shanghai to Las Vegas. He lives in New York City, when he is not traveling to oversee his existing restaurants or open a new one.

Nutrition Facts



Properties

Glycemic Index:87.27, Glycemic Load:73.79, Inflammation Score:-10, Nutrition Score:34.730000208253%

Flavonoids

Eriodictyol: 6.21mg, Eriodictyol: 6.21mg, Eriodictyol: 6.21mg, Eriodictyol: 6.21mg Hesperetin: 5.78mg, Hesperetin: 5.78mg, Hesperetin: 5.78mg, Hesperetin: 5.78mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg Luteolin: 2.48mg, Luteolin: 2.48mg, Luteolin: 2.48mg, Luteolin: 2.48mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 1045.9kcal (52.3%), Fat: 51.8g (79.69%), Saturated Fat: 18.1g (113.15%), Carbohydrates: 138.46g (46.15%), Net Carbohydrates: 130.25g (47.36%), Sugar: 28.31g (31.46%), Cholesterol: 61.01mg (20.34%), Sodium: 1967.12mg (85.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.37g (22.74%), Vitamin C: 96.05mg (116.43%), Manganese: 1.8mg (89.83%), Vitamin A: 3860.08IU (77.2%), Copper: 1.39mg (69.51%), Vitamin K: 54.96µg (52.35%), Phosphorus: 408.82mg (40.88%), Selenium: 28.44µg (40.63%), Calcium: 388.91mg (38.89%), Vitamin E: 5.75mg (38.34%), Magnesium: 146.43mg (36.61%), Iron: 6.57mg (36.49%), Fiber: 8.2g (32.82%), Vitamin B6: 0.56mg (27.78%), Zinc: 3.6mg (24.01%), Folate: 89.78µg (22.44%), Vitamin B1: 0.33mg (22.26%), Potassium: 507.53mg (14.5%), Vitamin B3: 2.6mg (13%), Vitamin B2: 0.22mg (12.96%), Vitamin B5: 0.47mg (4.65%), Vitamin D: 0.43µg (2.84%)