






 **63%**
HEALTH SCORE

Linguine with Snow Peas, Cucumber, and Peanut Sauce

 Vegetarian  Dairy Free  Very Healthy

READY IN

45 min.

SERVINGS

4

CALORIES

607 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 pound bean sprouts
- 0.7 cup chicken broth low-sodium homemade canned
- 1 cucumber peeled halved lengthwise seeded sliced thin
- 2 cloves garlic
- 1.5 tablespoons juice of lime
- 0.8 pound pasta
- 0.3 cup peanut butter

- 0.5 cup peanuts chopped
- 0.5 teaspoon red-pepper flakes
- 0.8 teaspoon salt
- 2 scallions including tops green chopped
- 0.5 pound snow peas thin
- 2 tablespoons soya sauce

Equipment

- food processor
- pot
- blender
- aluminum foil

Directions

- In a blender or food processor, combine the garlic, soy sauce, peanut butter, chicken broth, lime juice, red-pepper flakes, and 1/2 teaspoon of the salt. Puree until smooth.
- In a large pot of boiling, salted water, cook the linguine until almost done, about 9 minutes. Stir in the snow peas and bean sprouts and cook until the vegetables and pasta are just done, about 3 minutes more.
- Drain and toss with the peanut sauce, the remaining 1/4 teaspoon salt, the scallions, cucumber, and 1/3 cup of the peanuts.
- Serve with the remaining peanuts sprinkled over the top.
- Wine Recommendation: Choose a simple kabinet riesling from the Rheinhessen. These rieslings' piquant juxtaposition of fruity acids and balancing sweetness is the perfect foil for the salty and spicy flavors of Asian cuisine.
- Notes: Though they're certainly edible, the seeds from a mature cucumber can be somewhat watery. You can simply scoop them out of a halved cucumber with a spoon and discard them--or buy an English (hothouse) cucumber, which is almost completely seedless.

Nutrition Facts



■ PROTEIN 16.38% ■ FAT 31.57% ■ CARBS 52.05%

Properties

Glycemic Index:40.56, Glycemic Load:26.68, Inflammation Score:-8, Nutrition Score:29.579999890016%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 607.19kcal (30.36%), Fat: 21.91g (33.71%), Saturated Fat: 3.93g (24.55%), Carbohydrates: 81.28g (27.09%), Net Carbohydrates: 72.91g (26.51%), Sugar: 9.47g (10.53%), Cholesterol: 0mg (0%), Sodium: 1062.82mg (46.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.59g (51.17%), Manganese: 1.91mg (95.46%), Selenium: 56.97µg (81.38%), Vitamin C: 43.45mg (52.66%), Vitamin B3: 8.77mg (43.83%), Vitamin K: 41.82µg (39.83%), Phosphorus: 395.1mg (39.51%), Magnesium: 150.68mg (37.67%), Copper: 0.69mg (34.55%), Folate: 135.34µg (33.84%), Fiber: 8.37g (33.46%), Vitamin B1: 0.38mg (25.01%), Vitamin B6: 0.49mg (24.26%), Iron: 4.26mg (23.65%), Potassium: 791.37mg (22.61%), Zinc: 2.66mg (17.76%), Vitamin B5: 1.69mg (16.87%), Vitamin E: 2.47mg (16.44%), Vitamin A: 813.16IU (16.26%), Vitamin B2: 0.25mg (14.77%), Calcium: 98.6mg (9.86%)