



Lo Mein Noodle Salad



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



173 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons brown sugar packed
- ☐ 10 oz edamame green frozen shelled ()
- ☐ 0.3 cup spring onion sliced
- ☐ 8 oz lo mein noodles
- ☐ 0.3 cup peanut butter
- ☐ 1.5 cups bell pepper red chopped
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup rice vinegar

- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons vegetable oil

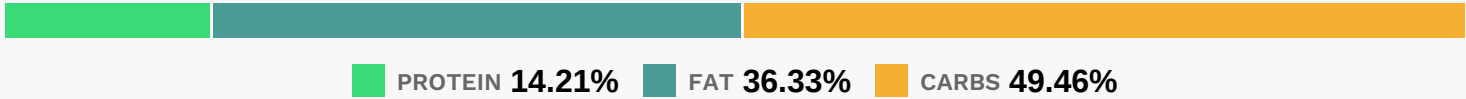
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Break lo mein noodles into thirds. Cook as directed on package. Rinse with cold water; drain.
- ☐ Cook edamame as directed on bag; drain.
- ☐ In medium bowl, place bell pepper, onions, noodles and edamame.
- ☐ In small bowl, beat dressing ingredients with wire whisk until well blended. Spoon over noodle mixture; toss to coat.
- ☐ Serve immediately, or cover and refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:11.92, Glycemic Load:0.48, Inflammation Score:-5, Nutrition Score:5.3543478561484%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 173.08kcal (8.65%), Fat: 7.12g (10.96%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 21.82g (7.27%), Net Carbohydrates: 19.68g (7.16%), Sugar: 4.25g (4.72%), Cholesterol: 0mg (0%), Sodium: 360.57mg (15.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.54%), Vitamin C: 24.23mg (29.37%), Vitamin A: 616.27IU (12.33%), Vitamin K: 9.46µg (9.01%), Fiber: 2.14g (8.54%), Manganese: 0.16mg (7.96%), Vitamin E: 1.16mg (7.73%), Vitamin B3: 1.34mg (6.72%), Potassium: 205.96mg (5.88%), Iron: 1.01mg (5.62%), Vitamin B6: 0.1mg (4.93%), Magnesium: 17.01mg (4.25%), Folate: 16.97µg (4.24%), Phosphorus: 36.68mg (3.67%), Calcium: 28.98mg (2.9%), Vitamin B2: 0.04mg (2.29%), Copper: 0.04mg (2.17%), Zinc: 0.26mg (1.74%), Vitamin B1: 0.02mg (1.6%), Vitamin B5:

0.16mg (1.58%)