



Noodle bowl salad

 Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



314 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 g pack rice noodles
- ☐ 200 g sugar snap peas sliced
- ☐ 2 tsp sesame oil
- ☐ 4 spring onion thinly sliced
- ☐ 2 servings pack coriander
- ☐ 150 g pack salmon smoked hot flaked
- ☐ 2 servings bread roll
- ☐ 3 tbsp soya sauce

- ☐ 1 tbsp clear honey
- ☐ 1 tbsp juice of lemon
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 plump garlic clove finely grated
- ☐ 1 knob root ginger grated

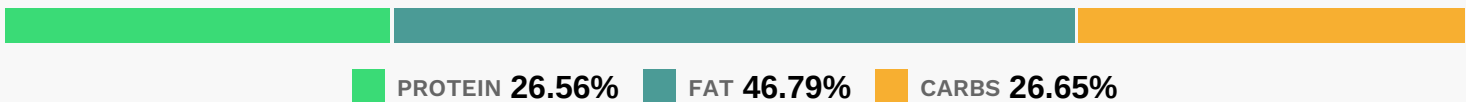
Equipment

- ☐ bowl
- ☐ colander

Directions

- ☐ Drop the noodles into a large bowl, then pour over enough boiling water to cover. Tip in the sliced sugar snaps and leave for 4 minutes.
- ☐ Drain in a colander, put under cold running water to cool off, then drain again. Tip into a bowl and toss in the sesame oil.
- ☐ Mix the dressing ingredients. Pile spring onions, coriander and salmon onto the noodles, pour over the dressing and toss everything together.
- ☐ Serve with a pretzel or bread roll.

Nutrition Facts



Properties

Glycemic Index:117.14, Glycemic Load:5.34, Inflammation Score:-8, Nutrition Score:26.526521869328%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 313.73kcal (15.69%), Fat: 16.59g (25.52%), Saturated Fat: 2.12g (13.25%), Carbohydrates: 21.25g (7.08%), Net Carbohydrates: 17.7g (6.44%), Sugar: 13.85g (15.39%), Cholesterol: 41.25mg (13.75%), Sodium: 1555.08mg (67.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.19g (42.38%), Vitamin C: 67.99mg (82.41%), Vitamin K: 76.01µg (72.39%), Vitamin B6: 0.87mg (43.38%), Selenium: 28.78µg (41.12%), Vitamin B12: 2.38µg (39.75%), Vitamin B3: 7.72mg (38.62%), Vitamin A: 1363.61IU (27.27%), Vitamin B2: 0.43mg (25.43%), Phosphorus: 250.9mg (25.09%), Vitamin B1: 0.35mg (23.58%), Manganese: 0.47mg (23.32%), Vitamin E: 3.48mg (23.18%), Vitamin B5: 2.15mg (21.45%), Iron: 3.76mg (20.89%), Folate: 82.85µg (20.71%), Potassium: 712.85mg (20.37%), Copper: 0.33mg (16.69%), Magnesium: 62.66mg (15.66%), Fiber: 3.55g (14.21%), Calcium: 78.67mg (7.87%), Zinc: 1.01mg (6.72%)