






Noodle Bowl with Beer-Peanut Sauce

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN

25 min.

SERVINGS

5

CALORIES

317 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 0.3 cup available in the asian foods section of some supermarkets and at asian markets (lager)
- 0.3 cup peanut butter
- 2 tablespoons soya sauce
- 0.5 teaspoon ground ginger
- 0.3 teaspoon pepper red crushed
- 8 oz pasta uncooked
- 2 cups broccoli florets frozen
- 1 cup carrots (from 10-oz bag)

- 1 medium bell pepper red cut into bite-size strips
- 3 tablespoons spring onion sliced
- 0.3 cup cilantro leaves fresh chopped

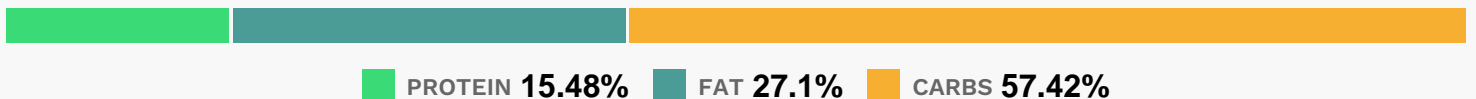
Equipment

- bowl
- sauce pan
- whisk

Directions

- In small bowl, gradually beat beer into peanut butter with whisk until smooth. Beat in remaining sauce ingredients. Set aside.
- Cook linguine as directed on package, adding broccoli, carrots and bell pepper during last 2 minutes of cooking.
- Drain; return to saucepan.
- Pour sauce over pasta mixture in saucepan; gently stir to coat. Stir in green onions and cilantro.

Nutrition Facts



Properties

Glycemic Index:58.17, Glycemic Load:16.4, Inflammation Score:-10, Nutrition Score:23.332173990167%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 2.97mg, Kaempferol: 2.97mg, Kaempferol: 2.97mg, Kaempferol: 2.97mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 316.73kcal (15.84%), Fat: 9.86g (15.18%), Saturated Fat: 1.95g (12.2%), Carbohydrates: 47.02g (15.67%), Net Carbohydrates: 41.71g (15.17%), Sugar: 6.08g (6.75%), Cholesterol: 0mg (0%), Sodium: 519.38mg (22.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.68g (25.36%), Vitamin A: 6169.2IU (123.38%), Vitamin C: 66.98mg

(81.19%), Vitamin K: 51.81µg (49.34%), Manganese: 0.96mg (47.98%), Selenium: 30.61µg (43.73%), Vitamin B3: 4.32mg (21.58%), Fiber: 5.31g (21.23%), Phosphorus: 204.23mg (20.42%), Magnesium: 74.85mg (18.71%), Folate: 70.42µg (17.61%), Vitamin B6: 0.35mg (17.27%), Vitamin E: 2.52mg (16.82%), Potassium: 512.72mg (14.65%), Copper: 0.27mg (13.39%), Iron: 1.78mg (9.88%), Vitamin B2: 0.17mg (9.86%), Zinc: 1.48mg (9.85%), Vitamin B1: 0.15mg (9.77%), Vitamin B5: 0.79mg (7.94%), Calcium: 54.24mg (5.42%)