



## Noodles and Peanut Sauce Salad Bowl

 Vegetarian  Vegan  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 oz pasta whole wheat uncooked
- 2 cups broccoli florets fresh
- 1 cup carrots (from 10-oz bag)
- 1 medium bell pepper cut into bite-size pieces
- 2 tablespoons water
- 2 teaspoons canola oil
- 0.3 cup peanut butter
- 2 tablespoons vinegar white

- 2 tablespoons soy sauce reduced-sodium
- 0.5 teaspoon ground ginger
- 0.1 teaspoon ground pepper red (cayenne)
- 3 tablespoons spring onion chopped
- 3 tablespoons cilantro leaves fresh chopped

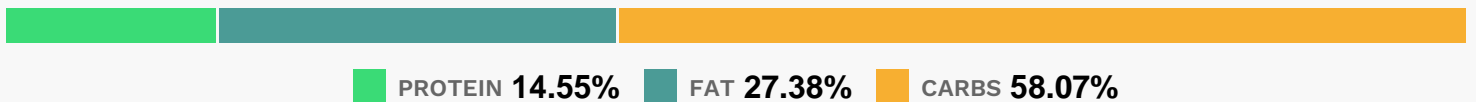
## Equipment

- bowl
- whisk

## Directions

- Cook linguine as directed on package, adding broccoli, carrots and bell pepper during last minute of cooking; drain pasta and vegetables. Rinse with cold water until pasta and vegetables are cool; drain
- In small bowl, gradually beat water and oil into peanut butter with wire whisk until smooth. Beat in vinegar, soy sauce, ginger and ground red pepper.
- In large serving bowl, stir together pasta mixture, peanut sauce, onions and cilantro until well mixed.

## Nutrition Facts



## Properties

Glycemic Index:78.21, Glycemic Load:19.47, Inflammation Score:-10, Nutrition Score:26.056956457055%

## Flavonoids

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

## Nutrients (% of daily need)

Calories: 369.17kcal (18.46%), Fat: 11.49g (17.67%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 54.82g (18.27%), Net Carbohydrates: 49.29g (17.93%), Sugar: 6.91g (7.68%), Cholesterol: 0mg (0%), Sodium: 400.34mg (17.41%),

Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 13.74g (27.48%), Vitamin A: 6652.05IU (133.04%), Vitamin C: 81.53mg (98.82%), Vitamin K: 63.92µg (60.88%), Selenium: 37.95µg (54.21%), Manganese: 1.06mg (53.11%), Phosphorus: 226.8mg (22.68%), Fiber: 5.53g (22.1%), Vitamin B3: 4.15mg (20.76%), Magnesium: 81.55mg (20.39%), Vitamin E: 3mg (20.01%), Folate: 79.19µg (19.8%), Vitamin B6: 0.38mg (19.08%), Potassium: 573.2mg (16.38%), Copper: 0.28mg (14.24%), Vitamin B2: 0.19mg (10.95%), Zinc: 1.64mg (10.94%), Iron: 1.81mg (10.05%), Vitamin B1: 0.15mg (9.93%), Vitamin B5: 0.89mg (8.9%), Calcium: 60.76mg (6.08%)