



Noodles and Peanut Sauce Salad Bowl

 Vegetarian  Vegan  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby carrots (from 10-oz bag)
- 1 medium bell pepper cut into bite-size pieces
- 2 cups broccoli florets fresh
- 2 teaspoons canola oil
- 3 tablespoons cilantro leaves fresh chopped
- 3 tablespoons spring onion chopped
- 0.5 teaspoon ground ginger
- 0.1 teaspoon ground pepper red (cayenne)

- 8 oz pasta whole wheat uncooked
- 2 tablespoons soy sauce reduced-sodium
- 0.3 cup peanut butter
- 2 tablespoons vinegar white
- 2 tablespoons water

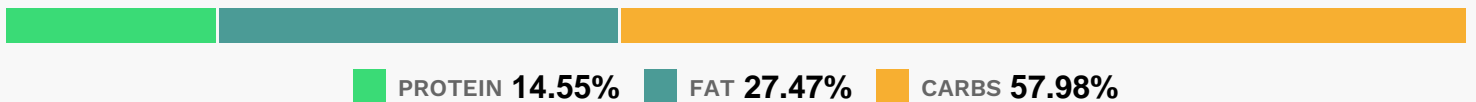
Equipment

- 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:66.5, Glycemic Load:18.45, Inflammation Score:-10, Nutrition Score:25.884782791138%

Flavonoids

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 367.25kcal (18.36%), Fat: 11.45g (17.62%), Saturated Fat: 2.02g (12.64%), Carbohydrates: 54.39g (18.13%), Net Carbohydrates: 48.83g (17.76%), Sugar: 6.92g (7.69%), Cholesterol: 0mg (0%), Sodium: 403.22mg (17.53%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 13.65g (27.29%), Vitamin A: 5718.93IU (114.38%), Vitamin C: 80.47mg (97.54%), Vitamin K: 62.7µg (59.72%), Selenium: 38.2µg (54.58%), Manganese: 1.06mg (53.24%), Phosphorus: 224.56mg (22.46%), Fiber: 5.56g (22.23%), Folate: 81.75µg (20.44%), Magnesium: 80.91mg (20.23%), Vitamin B3: 4.02mg (20.08%), Vitamin E: 2.79mg (18.6%), Vitamin B6: 0.37mg (18.55%), Potassium: 546.64mg (15.62%), Copper: 0.3mg (15.12%), Iron: 2mg (11.1%), Zinc: 1.62mg (10.79%), Vitamin B2: 0.18mg (10.54%), Vitamin B5: 0.93mg (9.31%), Vitamin B1: 0.14mg (9.16%), Calcium: 60.44mg (6.04%)