

 **23%**
HEALTH SCORE

Noodles With Poppy Seeds & Peas

 Vegetarian

READY IN



25 min.

SERVINGS



2

CALORIES



372 kcal

SIDE DISH

LUNCH

MAIN COURSE

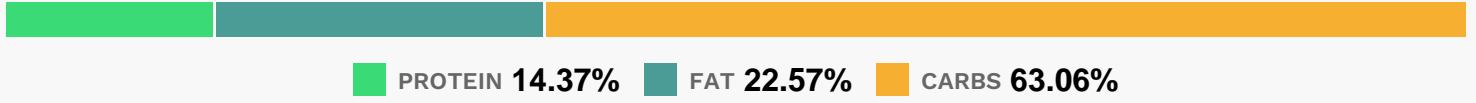
MAIN DISH

Ingredients

- 1 tablespoon butter
- 0.3 lb extra wide egg noodles
- 5 ounces peas frozen
- 2 servings bell pepper
- 2 servings bell pepper
- 1 teaspoon poppy seeds
- 2 servings salt

Equipment

Nutrition Facts



Properties

Glycemic Index:103.67, Glycemic Load:21.57, Inflammation Score:-10, Nutrition Score:28.909565217391%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 371.94kcal (18.6%), Fat: 9.55g (14.69%), Saturated Fat: 4.47g (27.96%), Carbohydrates: 60.03g (20.01%), Net Carbohydrates: 50.69g (18.43%), Sugar: 11.39g (12.66%), Cholesterol: 62.68mg (20.89%), Sodium: 260.6mg (11.33%), Protein: 13.67g (27.35%), Vitamin C: 219.08mg (265.56%), Vitamin A: 5417.46IU (108.35%), Selenium: 46.38µg (66.25%), Manganese: 1.04mg (52.17%), Fiber: 9.33g (37.33%), Vitamin B6: 0.68mg (33.99%), Folate: 132.49µg (33.12%), Phosphorus: 266.66mg (26.67%), Vitamin B1: 0.38mg (25.24%), Vitamin K: 25.65µg (24.43%), Vitamin B3: 4.15mg (20.74%), Magnesium: 79.5mg (19.88%), Vitamin E: 2.85mg (18.97%), Potassium: 638.17mg (18.23%), Copper: 0.34mg (17.15%), Zinc: 2.47mg (16.44%), Vitamin B2: 0.28mg (16.18%), Iron: 2.91mg (16.16%), Vitamin B5: 1.08mg (10.76%), Calcium: 71.36mg (7.14%), Vitamin B12: 0.18µg (2.94%), Vitamin D: 0.17µg (1.13%)