



Oriental Noodles

 Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



170 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper red crushed
- 2 tablespoons ginger fresh grated peeled
- 0.3 cup green onions chopped (1)
- 2 tablespoons soya sauce low-sodium
- 4 ounces noodles chinese-style uncooked
- 2 tablespoons peanut butter
- 1 bell pepper red thinly sliced
- 2 tablespoons water

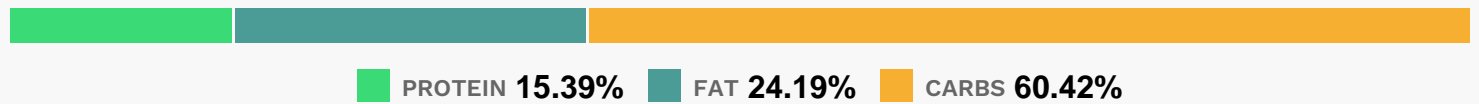
Equipment

bowl

Directions

- Cook noodles according to package directions, omitting salt and fat.
- Drain; transfer to a large bowl.
- Add green onions and bell pepper; set aside, and cool slightly.
- Combine soy sauce and remaining 4 ingredients; stir well.
- Pour soy sauce mixture over noodles, tossing well.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:9.26, Inflammation Score:-7, Nutrition Score:10.282608706018%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 170.38kcal (8.52%), Fat: 4.69g (7.21%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 26.34g (8.78%), Net Carbohydrates: 24.09g (8.76%), Sugar: 3.1g (3.45%), Cholesterol: 0mg (0%), Sodium: 329.09mg (14.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.71g (13.42%), Vitamin C: 39.43mg (47.8%), Selenium: 18.4µg (26.29%), Manganese: 0.46mg (23.23%), Vitamin A: 1030.85IU (20.62%), Vitamin K: 14.58µg (13.89%), Phosphorus: 105.59mg (10.56%), Magnesium: 40.65mg (10.16%), Vitamin B3: 2mg (10.01%), Vitamin B6: 0.19mg (9.36%), Vitamin E: 1.35mg (9.03%), Fiber: 2.25g (8.99%), Folate: 33.61µg (8.4%), Copper: 0.14mg (7%), Potassium: 233.48mg (6.67%), Zinc: 0.78mg (5.22%), Vitamin B2: 0.08mg (4.95%), Iron: 0.88mg (4.88%), Vitamin B1: 0.06mg (4.03%), Vitamin B5: 0.34mg (3.4%), Calcium: 20.05mg (2.01%)