



Peanut Butter Noodles



Vegetarian



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



361 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup chicken broth
- ☐ 1.5 tablespoons ginger root fresh minced
- ☐ 3 cloves garlic minced
- ☐ 0.3 cup green onions chopped
- ☐ 1.5 tablespoons honey
- ☐ 3 tablespoons peanut butter
- ☐ 0.3 cup peanuts chopped
- ☐ 3 tablespoons soya sauce

☐ 8 ounces udon noodles

Equipment

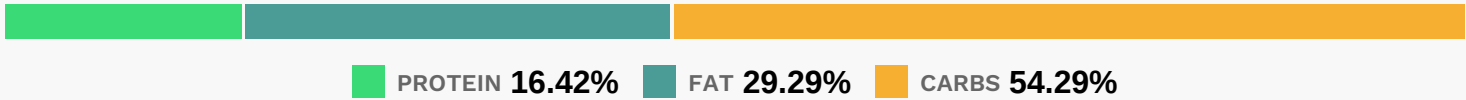
☐ sauce pan

☐ pot

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Add noodles and cook until tender according to package directions.
- ☐ Drain.
- ☐ Meanwhile, combine chicken broth, ginger, soy sauce, peanut butter, honey, chili paste, and garlic in a small saucepan. Cook over medium heat until peanut butter melts and is heated through.
- ☐ Add noodles, and toss to coat.
- ☐ Garnish with green onions and peanuts.

Nutrition Facts



Properties

Glycemic Index:57.46, Glycemic Load:24.31, Inflammation Score:-3, Nutrition Score:7.6208696511129%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 360.52kcal (18.03%), Fat: 12.31g (18.93%), Saturated Fat: 1.92g (12.02%), Carbohydrates: 51.32g (17.11%), Net Carbohydrates: 46.37g (16.86%), Sugar: 13.45g (14.95%), Cholesterol: 0.59mg (0.2%), Sodium: 1599.01mg (69.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.53g (31.05%), Manganese: 0.56mg (27.88%), Fiber: 4.95g (19.79%), Vitamin B3: 3.72mg (18.62%), Vitamin K: 13.01µg (12.39%), Magnesium: 46.23mg (11.56%), Phosphorus: 101.77mg (10.18%), Folate: 39.16µg (9.79%), Copper: 0.18mg (8.79%), Vitamin E: 1.15mg (7.65%), Vitamin B6: 0.15mg (7.49%), Vitamin B1: 0.1mg (6.73%), Iron: 1.09mg (6.03%), Potassium: 210.74mg (6.02%), Vitamin B2:

0.08mg (4.97%), Zinc: 0.65mg (4.36%), Vitamin B5: 0.37mg (3.71%), Calcium: 28.89mg (2.89%), Selenium: 1.81µg (2.59%), Vitamin C: 2.05mg (2.48%), Vitamin A: 63.1IU (1.26%)