



Peanut Noodle Salad



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



333 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



3 tablespoons creamy peanut butter



3 tablespoons brown sugar dark packed



0.5 cup basil fresh roughly chopped



0.5 cup cilantro leaves fresh roughly chopped



0.5 cup mint leaves fresh roughly chopped



6 servings kosher salt



6 tablespoons juice of lime fresh



3 tablespoons soya sauce low-sodium

- ☐ 1 small bell pepper red thinly sliced
- ☐ 8 ounces rice vermicelli noodles
- ☐ 0.3 cup roasted peanuts salted roughly chopped
- ☐ 0.5 cup scallions sliced
- ☐ 3 tablespoons vegetable oil

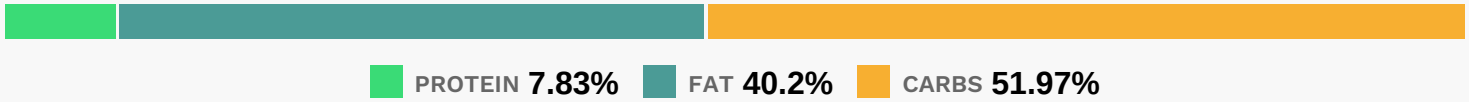
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Put the noodles in a large bowl and cover with boiling water.
- ☐ Let the noodles soak until tender, about 10 minutes; drain and rinse under cold water until cool.
- ☐ Transfer to a serving bowl.
- ☐ Whisk the lime juice, soy sauce, peanut butter, brown sugar and vegetable oil in a medium bowl until smooth.
- ☐ Pour the dressing over the noodles.
- ☐ Add the bell pepper, scallions, basil, cilantro and mint and toss to combine. Season with salt and sprinkle with the peanuts.
- ☐ Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:39.67, Glycemic Load:18.39, Inflammation Score:-7, Nutrition Score:10.939565192098%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg,

Naringenin: 0.06mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 332.8kcal (16.64%), Fat: 15.22g (23.41%), Saturated Fat: 2.54g (15.87%), Carbohydrates: 44.28g (14.76%), Net Carbohydrates: 41.6g (15.13%), Sugar: 7.68g (8.54%), Cholesterol: 0mg (0%), Sodium: 625.69mg (27.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.35%), Vitamin K: 42.91µg (40.86%), Manganese: 0.64mg (31.87%), Vitamin C: 23.77mg (28.81%), Vitamin A: 831.51IU (16.63%), Phosphorus: 142.75mg (14.28%), Vitamin B3: 2.74mg (13.7%), Magnesium: 46.72mg (11.68%), Vitamin E: 1.64mg (10.94%), Fiber: 2.67g (10.69%), Folate: 40.78µg (10.2%), Selenium: 6.85µg (9.79%), Copper: 0.16mg (7.98%), Potassium: 256.34mg (7.32%), Iron: 1.21mg (6.72%), Vitamin B6: 0.13mg (6.69%), Zinc: 0.85mg (5.67%), Calcium: 48.84mg (4.88%), Vitamin B2: 0.08mg (4.76%), Vitamin B1: 0.07mg (4.75%), Vitamin B5: 0.34mg (3.39%)