



Peanut Noodle Salad

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



241 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups carrots shredded
- 0.5 cup roasted peanuts
- 6 tablespoons spring onion sliced
- 0.3 teaspoon ground pepper red (cayenne)
- 8 oz lo mein noodles
- 0.3 cup orange juice
- 0.3 cup peanut butter
- 1 large bell pepper red cut into 1/4-inch strips

0.3 cup soya sauce

Equipment

bowl

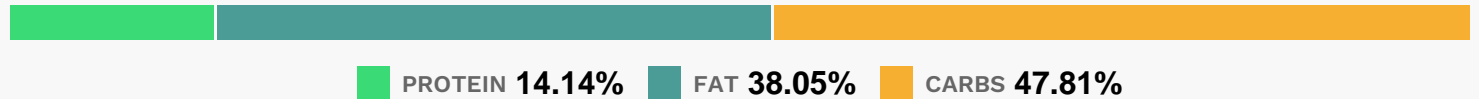
Directions

Break noodles into thirds. Cook and drain as directed on package. Rinse with cold water; drain.

In small bowl, mix peanut butter, soy sauce, orange juice and red pepper until smooth.

In large bowl, toss noodles, peanut butter mixture and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:27.98, Glycemic Load:2.07, Inflammation Score:-10, Nutrition Score:13.36608694429%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 241.12kcal (12.06%), Fat: 10.65g (16.39%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 30.11g (10.04%), Net Carbohydrates: 26.75g (9.73%), Sugar: 4.39g (4.88%), Cholesterol: 0mg (0%), Sodium: 600.39mg (26.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.91g (17.82%), Vitamin A: 6074.15IU (121.48%), Vitamin C: 32.9mg (39.87%), Manganese: 0.49mg (24.35%), Vitamin B3: 3.65mg (18.27%), Vitamin K: 14.63µg (13.94%), Fiber: 3.37g (13.47%), Magnesium: 44.54mg (11.14%), Folate: 42.83µg (10.71%), Vitamin E: 1.56mg (10.41%), Phosphorus: 100.88mg (10.09%), Vitamin B6: 0.2mg (9.84%), Potassium: 321.64mg (9.19%), Copper: 0.14mg (7.03%), Vitamin B1: 0.09mg (5.99%), Vitamin B2: 0.08mg (4.81%), Iron: 0.84mg (4.65%), Vitamin B5: 0.44mg (4.39%), Zinc: 0.64mg (4.25%), Calcium: 32.02mg (3.2%), Selenium: 1.28µg (1.82%)