



Peanut-Noodle Salad

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



264 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounce carrots fresh shredded
- ☐ 0.5 cup coconut milk
- ☐ 16 ounce angel hair pasta cooked
- ☐ 2 large cucumbers
- ☐ 4 garlic cloves minced
- ☐ 6 green onions
- ☐ 0.5 cup chunky peanut butter
- ☐ 0.5 teaspoon pepper dried red crushed

- ☐ 0.5 cup rice wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sesame oil
- ☐ 1 cup soya sauce

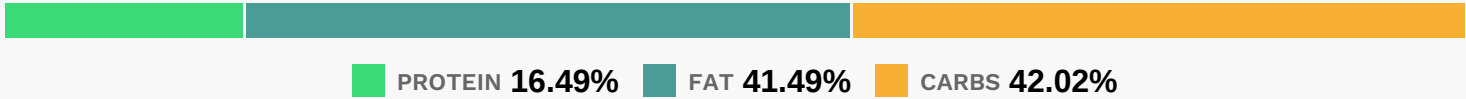
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Peel cucumbers; cut in half lengthwise, removing and discarding seeds.
- ☐ Cut cucumber halves into half-moon-shaped slices.
- ☐ Whisk together soy sauce and next 7 ingredients in a large bowl; add cucumber, pasta, carrot, and onions, tossing to coat. Cover and chill 8 hours, if desired.

Nutrition Facts



Properties

Glycemic Index:43.54, Glycemic Load:10.31, Inflammation Score:-10, Nutrition Score:16.325651998105%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 263.86kcal (13.19%), Fat: 12.53g (19.28%), Saturated Fat: 4.5g (28.12%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 24.94g (9.07%), Sugar: 5.05g (5.61%), Cholesterol: 0mg (0%), Sodium: 1861.89mg (80.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.2g (22.41%), Vitamin A: 4913.4IU (98.27%), Manganese: 0.81mg (40.73%), Vitamin K: 27.69µg (26.37%), Selenium: 16.33µg (23.33%), Vitamin B3: 3.98mg (19.92%), Magnesium: 69.88mg (17.47%), Phosphorus: 170.07mg (17.01%), Fiber: 3.62g (14.48%), Iron: 2.59mg (14.37%), Copper: 0.27mg (13.59%), Vitamin B6: 0.26mg (13.14%), Potassium: 428.01mg (12.23%), Vitamin E: 1.82mg (12.11%), Folate: 46.06µg (11.52%), Vitamin B2: 0.13mg (7.66%), Zinc: 1.15mg (7.66%), Vitamin C: 6.21mg (7.53%), Vitamin B1: 0.1mg (6.83%),

Vitamin B5: 0.63mg (6.27%), Calcium: 50.02mg (5%)