



WHATSheATe



Peanut Noodles with Tofu



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



420 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



0.5 cup cilantro leaves



1 cucumber english cut into matchsticks



1 garlic clove minced



3 green onions trimmed thinly sliced



3 tablespoons soya sauce reduced-sodium



0.5 cup old-fashioned peanut butter



0.5 teaspoon chile flakes red



0.3 cup roasted peanuts

- ☐ 8 ounces pasta like spaghetti
- ☐ 0.3 cup sugar
- ☐ 14 ounces spicy tofu firm cut into cubes
- ☐ 0.5 cup vegetable broth reduced-sodium

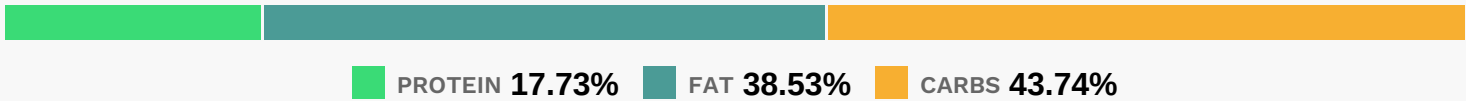
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Cook pasta in a large pot according to package directions.
- ☐ Drain and set aside.
- ☐ Heat broth, garlic, peanut butter, sugar, chile flakes, and soy sauce in pasta pot until boiling, stirring often.
- ☐ Add tofu, cucumber, and pasta and toss to coat.
- ☐ Transfer pasta to a serving bowl; top with onions, cilantro, and peanuts.

Nutrition Facts



Properties

Glycemic Index:39.18, Glycemic Load:17.98, Inflammation Score:-6, Nutrition Score:13.855652249378%

Flavonoids

Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 419.95kcal (21%), Fat: 18.6g (28.61%), Saturated Fat: 3.25g (20.3%), Carbohydrates: 47.51g (15.84%), Net Carbohydrates: 43.36g (15.77%), Sugar: 12.91g (14.34%), Cholesterol: 0mg (0%), Sodium: 425.75mg (18.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.25g (38.5%), Manganese: 0.95mg (47.65%), Selenium: 25.77µg (36.82%), Vitamin B3: 4.92mg (24.61%), Vitamin K: 25.04µg (23.85%), Magnesium: 83.94mg (20.98%),

Phosphorus: 205.12mg (20.51%), Fiber: 4.14g (16.58%), Vitamin E: 2.18mg (14.52%), Copper: 0.29mg (14.46%), Calcium: 126.42mg (12.64%), Iron: 2.24mg (12.47%), Folate: 47.26µg (11.82%), Potassium: 399.08mg (11.4%), Vitamin B6: 0.22mg (10.9%), Zinc: 1.45mg (9.66%), Vitamin B1: 0.11mg (7.45%), Vitamin B2: 0.12mg (6.88%), Vitamin B5: 0.68mg (6.75%), Vitamin A: 251.76IU (5.04%), Vitamin C: 3.05mg (3.69%)