



Peanut Sesame Noodles

 Vegetarian  Dairy Free  Popular

READY IN



30 min.

SERVINGS



6

CALORIES



423 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 medium garlic clove chopped
- 0.5 cup creamy peanut butter
- 1 bell pepper red cut into 1/8-inch-thick strips
- 1 bell pepper yellow cut into 1/8-inch-thick strips
- 1 teaspoon pepper dried red hot
- 3 tablespoons sesame seed toasted
- 2 teaspoons honey
- 0.3 cup water

- 0.8 lb pasta dried
- 4 spring onion thinly sliced
- 2 tablespoons ginger fresh peeled chopped
- 0.3 cup soya sauce
- 1.5 tablespoons sesame oil
- 2 tablespoons red-wine vinegar

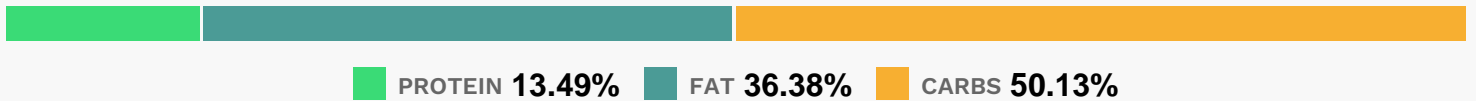
Equipment

- bowl
- pot
- blender
- colander

Directions

- Purée dressing ingredients in a blender until smooth, about 2 minutes, then transfer to a large bowl.
- Cook pasta in a 6- to 8-quart pot of boiling salted water
- until tender.
- Drain in a colander, then rinse well under cold water.
- Add pasta, scallions, bell peppers, and sesame seeds to dressing, tossing to combine, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.55, Glycemic Load:19.25, Inflammation Score:-8, Nutrition Score:19.461304208507%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin:

0.05mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 423.04kcal (21.15%), Fat: 17.52g (26.96%), Saturated Fat: 3.14g (19.62%), Carbohydrates: 54.33g (18.11%), Net Carbohydrates: 49.95g (18.16%), Sugar: 6.95g (7.72%), Cholesterol: 0mg (0%), Sodium: 645.53mg (28.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.63g (29.25%), Vitamin C: 63.6mg (77.09%), Selenium: 38.47µg (54.96%), Manganese: 1.06mg (53.18%), Vitamin B3: 4.86mg (24.31%), Copper: 0.48mg (23.76%), Phosphorus: 233.7mg (23.37%), Magnesium: 92.66mg (23.16%), Vitamin K: 18.49µg (17.61%), Fiber: 4.38g (17.51%), Vitamin E: 2.57mg (17.14%), Vitamin B6: 0.34mg (17.01%), Vitamin A: 839.65IU (16.79%), Folate: 54.13µg (13.53%), Iron: 2.33mg (12.94%), Zinc: 1.85mg (12.32%), Potassium: 414.24mg (11.84%), Vitamin B1: 0.14mg (9.41%), Vitamin B2: 0.13mg (7.84%), Calcium: 75.92mg (7.59%), Vitamin B5: 0.63mg (6.25%)