



## Peanut Thai Noodle Salad

 Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



64 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 carrots cut into matchlike sticks
- 2 cups fusilli pasta uncooked
- 0.3 cup honey
- 0.3 cup juice of lime
- 1 cup pea pods cut into matchlike sticks
- 0.5 cup planters cocktail peanuts unsalted divided coarsely chopped
- 1 small bell pepper red cut into matchlike sticks
- 0.3 cup lite soy sauce

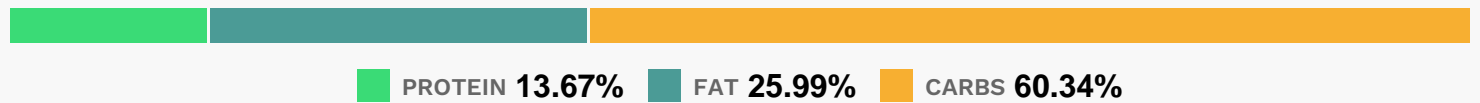
## Equipment

- bowl
- sauce pan
- blender

## Directions

- Cook pasta in large saucepan as directed on package, adding vegetables to the boiling water the last 3 min. Meanwhile, blend lime juice, soy sauce, honey and 1/4 cup nuts in blender until smooth.
- Drain pasta mixture; place in large bowl.
- Add all but 1/4 cup of the peanut sauce; mix lightly.
- Refrigerate 1 hour.
- Add remaining peanut sauce and nuts; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:10.12, Glycemic Load:3.92, Inflammation Score:-7, Nutrition Score:4.0291304484658%

## Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 63.96kcal (3.2%), Fat: 1.94g (2.99%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 9.18g (3.34%), Sugar: 4.38g (4.87%), Cholesterol: 0mg (0%), Sodium: 167.94mg (7.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.6%), Vitamin A: 1189.69IU (23.79%), Vitamin C: 8.96mg (10.87%), Manganese: 0.19mg (9.73%), Selenium: 4.16µg (5.94%), Vitamin B3: 0.93mg (4.66%), Folate: 15.67µg (3.92%), Fiber: 0.96g (3.83%), Phosphorus: 35.56mg (3.56%), Magnesium: 13.88mg (3.47%), Copper: 0.06mg (3.18%), Vitamin B1:

0.05mg (3.06%), Vitamin B6: 0.06mg (2.81%), Potassium: 89.55mg (2.56%), Iron: 0.45mg (2.48%), Vitamin K: 2.24µg (2.13%), Vitamin B5: 0.17mg (1.73%), Vitamin B2: 0.03mg (1.51%), Zinc: 0.22mg (1.49%), Calcium: 10.77mg (1.08%)