



Peanutty Noodles

 Vegetarian  Dairy Free  Very Healthy

READY IN



24 min.

SERVINGS



5

CALORIES



280 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup diagonally cut carrot
- 1.5 cups bean sprouts fresh
- 1 teaspoon ginger fresh minced peeled
- 0.5 cup green onions thinly sliced
- 3 tablespoons soya sauce low-sodium
- 1 tablespoon olive oil
- 2 tablespoons satay sauce (such as House of Tsang)
- 0.3 cup peanuts finely chopped

- 3.3 ounce mushroom caps thinly sliced ()
- 0.3 pound snow peas trimmed
- 0.3 cup vegetable broth
- 8 ounces pasta like spaghetti whole wheat uncooked

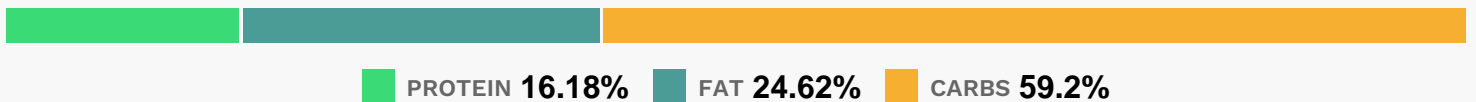
Equipment

- frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Add bean sprouts; cook 1 minute.
- Drain.
- Meanwhile, heat oil in a large nonstick skillet over medium-high heat until hot.
- Add mushrooms; saut 3 minutes.
- Add snow peas and carrot; saut 3 minutes.
- Add ginger; saut 15 seconds.
- Add green onions and peanuts; saut 1 minute.
- Remove vegetables from pan.
- Add vegetable broth and soy sauce to pan; bring to a boil. Stir in peanut sauce.
- Add pasta mixture and vegetable mixture; cook 2 minutes or until thoroughly heated.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.02, Glycemic Load:0.98, Inflammation Score:-9, Nutrition Score:21.429130502369%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 280.04kcal (14%), Fat: 8.16g (12.56%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 44.16g (14.72%), Net Carbohydrates: 41.17g (14.97%), Sugar: 4.71g (5.23%), Cholesterol: 0mg (0%), Sodium: 511.98mg (22.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.07g (24.13%), Manganese: 1.81mg (90.54%), Vitamin A: 2524.52IU (50.49%), Selenium: 35.16µg (50.23%), Vitamin K: 40.04µg (38.13%), Magnesium: 104.6mg (26.15%), Vitamin C: 20.38mg (24.7%), Vitamin B3: 4.86mg (24.32%), Vitamin B1: 0.35mg (23.43%), Phosphorus: 219.11mg (21.91%), Folate: 87.43µg (21.86%), Copper: 0.39mg (19.33%), Iron: 3.1mg (17.21%), Vitamin B6: 0.28mg (14.2%), Vitamin B2: 0.21mg (12.36%), Vitamin B5: 1.21mg (12.15%), Fiber: 3g (12%), Zinc: 1.76mg (11.7%), Potassium: 403.74mg (11.54%), Calcium: 54.45mg (5.45%), Vitamin E: 0.7mg (4.68%)