



Peanutty Spicy Noodle Salad

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



206 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ounce broccoli slaw
- ☐ 2 teaspoons chili-garlic sauce
- ☐ 1 cucumber peeled seeded
- ☐ 1 tablespoon dry-roasted peanuts chopped
- ☐ 0.3 cup chicken broth fat-free reduced-sodium
- ☐ 2 teaspoons ginger fresh minced
- ☐ 1 garlic clove minced
- ☐ 4 green onions thinly sliced

- ☐ 8 servings garnish: green onions
- ☐ 1 tablespoon soya sauce light
- ☐ 8 ounces pasta uncooked
- ☐ 0.3 cup peanut butter
- ☐ 1 bell pepper red
- ☐ 0.3 cup rice wine vinegar
- ☐ 1.5 teaspoons sugar
- ☐ 1 tablespoon vegetable oil

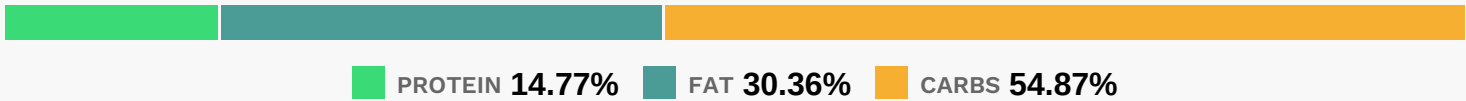
Equipment

- ☐ bowl

Directions

- ☐ Prepare pasta according to package directions. Rinse and drain; set aside.
- ☐ Cut bell pepper and cucumber into thin strips.
- ☐ Stir together peanut butter and next 8 ingredients in a large bowl.
- ☐ Add pasta, bell pepper, cucumber, and broccoli slaw, tossing to coat.
- ☐ Sprinkle with green onions and chopped peanuts; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:43.39, Glycemic Load:9.75, Inflammation Score:-7, Nutrition Score:13.304347980929%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 206.07kcal (10.3%), Fat: 7.13g (10.98%), Saturated Fat: 1.28g (8.03%), Carbohydrates: 29.02g (9.67%), Net Carbohydrates: 26.64g (9.69%), Sugar: 4.05g (4.51%), Cholesterol: 0mg (0%), Sodium: 270.94mg (11.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.81g (15.63%), Vitamin C: 55.67mg (67.47%), Vitamin K: 31.45µg (29.96%), Manganese: 0.58mg (28.79%), Selenium: 19.8µg (28.29%), Vitamin A: 754.16IU (15.08%), Folate: 59.09µg (14.77%), Phosphorus: 130.09mg (13.01%), Magnesium: 49.65mg (12.41%), Vitamin B3: 2.32mg (11.62%), Vitamin B6: 0.22mg (10.81%), Potassium: 359.72mg (10.28%), Fiber: 2.38g (9.52%), Copper: 0.19mg (9.31%), Vitamin E: 1.22mg (8.12%), Iron: 1.25mg (6.94%), Vitamin B2: 0.11mg (6.64%), Zinc: 0.94mg (6.25%), Vitamin B1: 0.09mg (6.17%), Vitamin B5: 0.58mg (5.81%), Calcium: 45.07mg (4.51%)