



Poppy Seed Noodles

 Vegetarian

READY IN



14 min.

SERVINGS



4

CALORIES



548 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 4 tablespoons butter
- ☐ 2 tablespoons freshly chives chopped
- ☐ 1 tablespoon poppy seeds
- ☐ 4 servings salt
- ☐ 1 pound extra-wide egg noodles

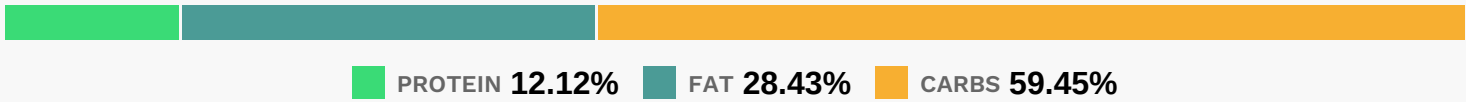
Equipment

- ☐ frying pan

Directions

- ☐ Cook and drain egg noodles according to package instructions. Melt the butter in a large skillet over medium–high heat. Toss the cooked egg noodles, poppy seeds, chives, salt and pepper in the butter.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:33.95, Inflammation Score:-6, Nutrition Score:16.56739138002%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 548.34kcal (27.42%), Fat: 17.34g (26.67%), Saturated Fat: 8.64g (54%), Carbohydrates: 81.59g (27.2%), Net Carbohydrates: 77.35g (28.13%), Sugar: 2.24g (2.48%), Cholesterol: 125.35mg (41.78%), Sodium: 308.27mg (13.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.64g (33.28%), Selenium: 89.82µg (128.31%), Manganese: 1.14mg (56.97%), Phosphorus: 297.25mg (29.73%), Copper: 0.38mg (18.86%), Magnesium: 74.66mg (18.67%), Fiber: 4.24g (16.97%), Zinc: 2.38mg (15.85%), Vitamin B1: 0.21mg (14.26%), Iron: 2.41mg (13.4%), Vitamin B6: 0.25mg (12.66%), Vitamin B3: 2.42mg (12.09%), Vitamin B5: 1.06mg (10.63%), Vitamin A: 486.01IU (9.72%), Folate: 36.74µg (9.19%), Potassium: 302.04mg (8.63%), Calcium: 77.35mg (7.73%), Vitamin B2: 0.11mg (6.53%), Vitamin B12: 0.35µg (5.88%), Vitamin E: 0.79mg (5.26%), Vitamin K: 4.91µg (4.67%), Vitamin D: 0.34µg (2.27%), Vitamin C: 0.89mg (1.08%)