



HEALTH SCORE

84%

Ramen Noodle Salad



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



182 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 16 ounce broccoli florets fresh
- ☐ 0.3 cup butter
- ☐ 4 spring onion chopped
- ☐ 3 ounce japanese ramen noodles
- ☐ 1 head the of 1 cos lettuce
- ☐ 1 cup walnuts chopped
- ☐ 10 servings frangelico

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Remove seasoning packet from ramen noodles, and reserve for another use. Break noodles into pieces.
- ☐ Melt butter in a large skillet over medium-high heat; add ramen noodles and walnuts, and saut until lightly browned.
- ☐ Drain on paper towels.
- ☐ Toss together noodle mixture, broccoli, lettuce, and green onions in a large bowl; add 1/4 cup Sweet-and-Sour Dressing, tossing to coat.
- ☐ Serve with remaining dressing.

Nutrition Facts



Properties

Glycemic Index:13.1, Glycemic Load:3.27, Inflammation Score:-10, Nutrition Score:19.595652297787%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 182kcal (9.1%), Fat: 13.89g (21.37%), Saturated Fat: 2.38g (14.91%), Carbohydrates: 12.47g (4.16%), Net Carbohydrates: 8.87g (3.23%), Sugar: 2.07g (2.3%), Cholesterol: 0mg (0%), Sodium: 247.65mg (10.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Vitamin A: 5989.26IU (119.79%), Vitamin K: 121.17µg (115.4%), Vitamin C: 44.06mg (53.4%), Folate: 137.92µg (34.48%), Manganese: 0.64mg (32.11%), Fiber: 3.6g (14.39%), Vitamin B1: 0.21mg (13.86%), Copper: 0.26mg (12.85%), Potassium: 380.41mg (10.87%), Phosphorus: 102.4mg (10.24%), Vitamin B6: 0.2mg (9.97%), Magnesium: 39.86mg (9.97%), Iron: 1.69mg (9.39%), Vitamin B2: 0.14mg (8.27%), Calcium: 61.07mg (6.11%), Vitamin E: 0.85mg (5.65%), Zinc: 0.78mg (5.22%), Vitamin B3: 0.99mg (4.95%), Vitamin B5: 0.45mg (4.47%), Selenium: 2.84µg (4.05%)