



Rice Noodle Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



369 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups matchstick-cut carrots
- ☐ 2 tablespoons dry-roasted peanuts unsalted finely chopped
- ☐ 2 large eggs lightly beaten
- ☐ 1.5 cups cucumber english thinly sliced
- ☐ 0.5 cup basil leaves fresh
- ☐ 2 cups bean sprouts fresh
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.5 cup mint leaves fresh

- ☐ 6 garlic cloves minced
- ☐ 5 green onions thinly sliced
- ☐ 6 tablespoons catsup
- ☐ 2 tablespoons juice of lime
- ☐ 12 lime wedges
- ☐ 2 tablespoons lower-sodium soy sauce
- ☐ 8 ounces wide rice sticks uncooked (banh pho)
- ☐ 2 tablespoons sesame oil divided
- ☐ 2 shallots thinly sliced
- ☐ 1 teaspoon sriracha such as huy fong) hot
- ☐ 8 ounces tempeh cut into 1/2-inch cubes
- ☐ 0.5 cup vegetable broth organic

Equipment

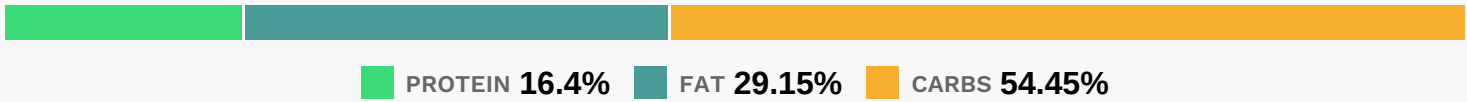
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook the noodles according to package directions.
- ☐ Drain and toss with 1 teaspoon sesame oil.
- ☐ Combine broth and the next 4 ingredients (through Sriracha), stirring with a whisk.
- ☐ Heat remaining 2 tablespoons oil in a large nonstick skillet over medium-high heat; swirl to coat.
- ☐ Add tempeh, and stir-fry 3 minutes or until lightly browned.
- ☐ Add garlic and shallots; stir-fry 1 minute or until shallots begin to soften.
- ☐ Add eggs; stir-fry for 30 seconds or until soft-scrambled, stirring constantly.
- ☐ Add soy sauce mixture, and bring to a boil.
- ☐ Add noodles and bean sprouts; toss gently to coat. Cook 1 minute or until sauce is thickened.
- ☐ Remove from heat, and top with cucumber and the next 5 ingredients (through fresh cilantro).

Sprinkle each serving with 1 teaspoon dry-roasted peanuts and the juice from 2 lime wedges.

Nutrition Facts



Properties

Glycemic Index:57.86, Glycemic Load:20.51, Inflammation Score:-10, Nutrition Score:22.814782671306%

Flavonoids

Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg Hesperetin: 16.31mg, Hesperetin: 16.31mg, Hesperetin: 16.31mg, Hesperetin: 16.31mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 369.16kcal (18.46%), Fat: 12.56g (19.32%), Saturated Fat: 2.41g (15.04%), Carbohydrates: 52.77g (17.59%), Net Carbohydrates: 48.23g (17.54%), Sugar: 8.52g (9.47%), Cholesterol: 62mg (20.67%), Sodium: 500.74mg (21.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.89g (31.79%), Vitamin A: 5132.7IU (102.65%), Manganese: 1.32mg (66.23%), Vitamin K: 53.4µg (50.85%), Vitamin C: 24.62mg (29.84%), Phosphorus: 261.63mg (26.16%), Copper: 0.52mg (25.82%), Vitamin B2: 0.37mg (21.69%), Magnesium: 78.88mg (19.72%), Folate: 78.64µg (19.66%), Vitamin B6: 0.39mg (19.36%), Iron: 3.29mg (18.27%), Fiber: 4.54g (18.17%), Selenium: 12.53µg (17.9%), Potassium: 619.88mg (17.71%), Vitamin B3: 3.12mg (15.6%), Vitamin B5: 1.3mg (13.01%), Calcium: 129.86mg (12.99%), Zinc: 1.66mg (11.04%), Vitamin B1: 0.16mg (10.41%), Vitamin E: 0.77mg (5.11%), Vitamin B12: 0.18µg (2.98%), Vitamin D: 0.33µg (2.22%)