



Rice Noodles with Peanut Sauce

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



426 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 oz vermicelli
- 0.5 cup creamy peanut butter
- 2 tablespoons soya sauce
- 1 teaspoon ginger grated
- 0.5 teaspoon pepper red crushed
- 0.5 cup chicken broth
- 1 cup carrots shredded ()
- 1 small bell pepper red cut into 1/4-inch strips

- 2 tablespoons spring onion sliced
- 2 tablespoons cilantro leaves fresh chopped

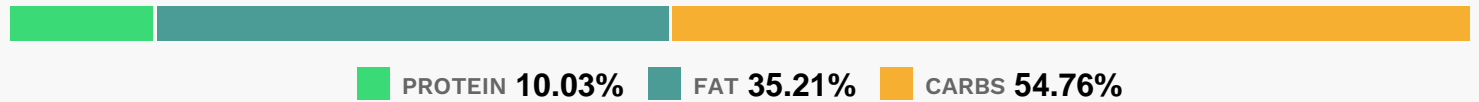
Equipment

- bowl
- sauce pan
- whisk

Directions

- In 3-quart saucepan, heat 2 quarts water to boiling. Break noodles in half and pull apart slightly; drop into boiling water. Cook uncovered 1 minute; drain. Rinse with cold water; drain.
- In small bowl, beat peanut butter, soy sauce, gingerroot and crushed red pepper with wire whisk until smooth. Gradually beat in broth.
- Place noodles in large bowl.
- Add peanut butter mixture, carrots, bell pepper and onions; toss.
- Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:61.21, Glycemic Load:29.01, Inflammation Score:-10, Nutrition Score:17.439999957771%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 426.12kcal (21.31%), Fat: 17.05g (26.23%), Saturated Fat: 3.38g (21.11%), Carbohydrates: 59.64g (19.88%), Net Carbohydrates: 55.65g (20.24%), Sugar: 6.06g (6.73%), Cholesterol: 0.59mg (0.2%), Sodium: 880.82mg (38.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.92g (21.85%), Vitamin A: 6043.27IU (120.87%), Manganese: 0.89mg (44.55%), Vitamin C: 26.21mg (31.77%), Vitamin B3: 5.38mg (26.9%), Vitamin E: 3.57mg (23.81%), Phosphorus: 227.09mg (22.71%), Magnesium: 72.5mg (18.12%), Fiber: 3.99g (15.97%), Selenium: 10.2µg

(14.57%), Vitamin B6: 0.28mg (13.79%), Folate: 47.81µg (11.95%), Vitamin K: 12.32µg (11.74%), Copper: 0.22mg (11.02%), Potassium: 380.97mg (10.88%), Zinc: 1.45mg (9.64%), Vitamin B2: 0.14mg (8.34%), Iron: 1.46mg (8.11%), Vitamin B1: 0.11mg (7.15%), Vitamin B5: 0.56mg (5.6%), Calcium: 44.04mg (4.4%)