

sack



Sack Lunch: Cold Sesame Noodles



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



406 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 medium carrots grated peeled
- ☐ 1 pound egg noodles fresh chinese (see above)
- ☐ 2 garlic clove minced
- ☐ 1 tablespoon ginger grated
- ☐ 2 tablespoons brown sugar light
- ☐ 0.3 cup peanut butter
- ☐ 1 bell pepper red stemmed seeded sliced thin
- ☐ 2 tablespoons rice vinegar

- ☐ 1 tablespoon salt
- ☐ 4 spring onion sliced thin
- ☐ 5 tablespoons sesame seed
- ☐ 5 tablespoons soya sauce
- ☐ 1 teaspoon all the tabasco sauce you handle
- ☐ 0.5 cup water hot

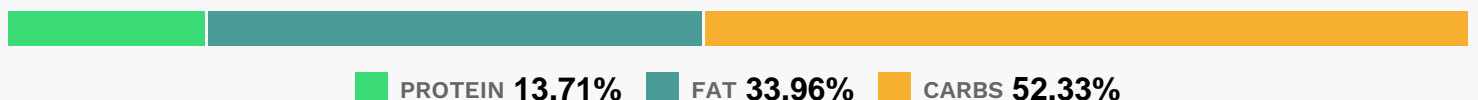
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Toast the sesame seeds in a small skillet over medium heat, stirring, until golden and fragrant, about 10 minutes. Reserve 1 tablespoon of the sesame seeds. Puree the remaining 4 tablespoons sesame seeds with the soy sauce, peanut butter, vinegar, sugar, ginger, garlic, and Tabasco in a blender or food processor until smooth, about 30 seconds. With the machine running, add the hot water, 1 tablespoon at a time, until the sauce has the consistency of heavy cream (you may not need all the water).
- ☐ Cook the noodles in 6 quarts boiling water seasoned with the salt until tender, about 4 minutes.
- ☐ Drain and rinse under cold water until cool. Shake out the excess water and transfer to a large bowl.
- ☐ Add the scallions, carrot, red pepper, and sesame sauce and toss to combine. Arrange on a serving platter (or divide among individual bowls) and sprinkle with the reserved sesame seeds.

Nutrition Facts



Properties

Glycemic Index:67.46, Glycemic Load:2.19, Inflammation Score:-10, Nutrition Score:18.635217334913%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 405.66kcal (20.28%), Fat: 15.67g (24.11%), Saturated Fat: 3.49g (21.83%), Carbohydrates: 54.33g (18.11%), Net Carbohydrates: 48.5g (17.63%), Sugar: 11.37g (12.64%), Cholesterol: 0mg (0%), Sodium: 3307.88mg (143.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.23g (28.46%), Vitamin A: 3601.43IU (72.03%), Vitamin C: 42.54mg (51.56%), Manganese: 0.71mg (35.57%), Iron: 4.99mg (27.72%), Copper: 0.55mg (27.31%), Vitamin K: 28.41µg (27.06%), Fiber: 5.84g (23.34%), Magnesium: 81.29mg (20.32%), Vitamin B3: 4.02mg (20.11%), Vitamin B6: 0.34mg (16.8%), Phosphorus: 167.89mg (16.79%), Vitamin E: 2.14mg (14.25%), Calcium: 136.16mg (13.62%), Folate: 52.24µg (13.06%), Potassium: 353.36mg (10.1%), Vitamin B1: 0.15mg (10.08%), Zinc: 1.47mg (9.82%), Vitamin B2: 0.14mg (8.03%), Selenium: 4.74µg (6.77%), Vitamin B5: 0.43mg (4.27%)