

sack



Sack Lunch: Mung Bean Noodles with Dulse and Crushed Peanuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



223 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 carrots julienned
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 cucumber julienned seeded
- ☐ 1 leaves water red for 5 minutes
- ☐ 1 tablespoon ginger finely chopped
- ☐ 1 jalapeno diced seeded finely
- ☐ 2 teaspoons sesame oil dark (I used sesame oil)

- ☐ 0.3 cup rice vinegar
- ☐ 0.5 cup roasted peanuts chopped
- ☐ 4 servings salt
- ☐ 4 spring onion thinly sliced
- ☐ 2.5 ounces squirrels – skinned
- ☐ 1.5 teaspoons sugar

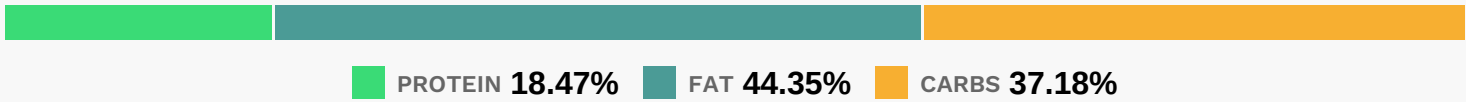
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cover the mung bean noodles with boiling water and let stand until softened, about 5 minutes.
- ☐ Drain and put them in a bowl with the carrots, cucumber, and scallions.
- ☐ Whisk the vinegar, oil, sugar, and a pinch of salt together, then add the ginger and chile.
- ☐ Pour over the noodles and toss well.
- ☐ Drain the dulse, coarsely chop, and add it to the noodles with the cilantro and most of the peanuts. Toss again and serve with the remaining peanuts sprinkled over the top.

Nutrition Facts



Properties

Glycemic Index:82.54, Glycemic Load:5.82, Inflammation Score:-10, Nutrition Score:13.883043455041%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 222.53kcal (11.13%), Fat: 11.38g (17.5%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 16.24g (5.91%), Sugar: 4.79g (5.33%), Cholesterol: 0mg (0%), Sodium: 303.63mg (13.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.66g (21.32%), Vitamin A: 5408.91IU (108.18%), Vitamin K: 38.29µg (36.46%), Manganese: 0.57mg (28.42%), Fiber: 5.21g (20.85%), Vitamin B3: 3.18mg (15.92%), Vitamin C: 10.96mg (13.29%), Folate: 48.73µg (12.18%), Magnesium: 47.42mg (11.86%), Potassium: 395.88mg (11.31%), Phosphorus: 104.11mg (10.41%), Copper: 0.21mg (10.33%), Iron: 1.52mg (8.44%), Vitamin B6: 0.15mg (7.67%), Vitamin B1: 0.11mg (7.36%), Calcium: 56.87mg (5.69%), Vitamin B5: 0.55mg (5.47%), Zinc: 0.63mg (4.2%), Vitamin B2: 0.07mg (3.91%), Vitamin E: 0.47mg (3.15%), Selenium: 1.67µg (2.39%)