



## Sesame Noodle Salad

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



247 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 12 ounces angel hair pasta dried (Japanese buckwheat)
- 0.8 cup carrots shredded
- 0.5 teaspoon cayenne
- 0.8 cup green onions thinly sliced
- 8 oz bell pepper red stemmed rinsed seeded cut into thin, short slivers
- 0.3 cup rice vinegar
- 8 servings salt
- 3 tablespoons sesame seed

- 0.3 cup soya sauce
- 1 tablespoon sugar
- 3 tablespoons vegetable oil

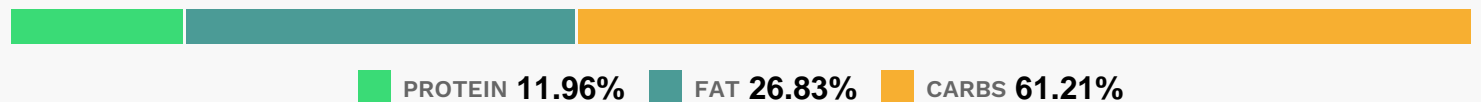
## Equipment

- frying pan

## Directions

- In a 5- to 6-quart pan over high heat, bring 2 1/2 to 3 quarts water to a boil.
- Add noodles, stir to separate, and cook until just tender to bite, 3 to 7 minutes.
- Drain and rinse well with cold water. If desired, cut noodles into shorter lengths for easier serving. Rinse and dry pan.
- In the same pan, over medium heat, stir sesame seeds in oil until golden, 2 to 3 minutes.
- Remove from heat.
- Add soy sauce, vinegar, sugar, and cayenne; stir until blended.
- Add noodles and mix until well coated.
- Add bell pepper, carrots, and green onions; mix gently.
- Add salt to taste. Mound in a serving dish.

## Nutrition Facts



## Properties

Glycemic Index:44.37, Glycemic Load:14.88, Inflammation Score:-9, Nutrition Score:14.424347525058%

## Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

## Nutrients (% of daily need)

Calories: 247.29kcal (12.36%), Fat: 7.4g (11.38%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 37.98g (12.66%), Net Carbohydrates: 34.99g (12.72%), Sugar: 4.76g (5.29%), Cholesterol: 0mg (0%), Sodium: 612.78mg (26.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.42g (14.84%), Vitamin A: 3038.09IU (60.76%), Vitamin C: 38.85mg (47.1%), Selenium: 28.12µg (40.17%), Vitamin K: 31.9µg (30.38%), Manganese: 0.57mg (28.56%), Copper: 0.27mg (13.72%), Phosphorus: 124.39mg (12.44%), Fiber: 2.98g (11.93%), Magnesium: 42.96mg (10.74%), Vitamin B6: 0.21mg (10.32%), Folate: 33.32µg (8.33%), Iron: 1.47mg (8.19%), Vitamin B3: 1.6mg (8%), Vitamin E: 1.09mg (7.25%), Potassium: 251.08mg (7.17%), Zinc: 1mg (6.69%), Vitamin B1: 0.1mg (6.34%), Calcium: 53.12mg (5.31%), Vitamin B2: 0.08mg (4.94%), Vitamin B5: 0.34mg (3.42%)