



Sesame Noodle Salad



Dairy Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



673 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup vegetable oil
- ☐ 3 Tbsp sesame oil dark
- ☐ 0.5 teaspoon chili powder dried red crushed
- ☐ 3 Tbsp honey
- ☐ 2 Tbsp soya sauce (less if using tamari which is more concentrated than soy sauce)
- ☐ 12 ounces angel hair pasta thin
- ☐ 4 servings salt
- ☐ 0.7 cup cilantro leaves coarsely chopped

- ☐ 0.3 cup roasted peanuts salted chopped
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.5 cup bell pepper diced red
- ☐ 1 Tbsp sesame seed toasted

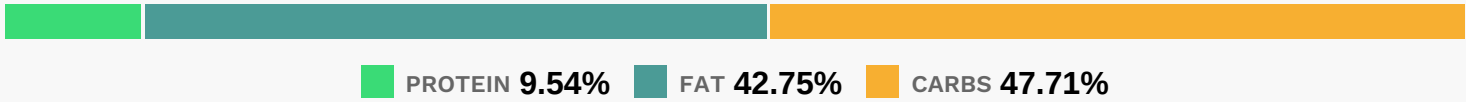
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Put the dressing ingredients into a small saucepan and bring to a boil.
- ☐ Remove from heat.
- ☐ Cook the pasta: Put the pasta in a large pot in salted boiling water (1 Tbsp salt for every 2 quarts of water). Cook al dente, according to the directions on the pasta package.
- ☐ Drain.
- ☐ with dressing, chill: Stir together the cooked pasta and the dressing in a large bowl until the pasta is well coated. Cover and chill for several hours.
- ☐ Stir in cilantro, peanuts, green onions, bell pepper: When ready to serve, mix in the cilantro, peanuts, green onions and bell pepper.
- ☐ Garnish with toasted sesame seeds.

Nutrition Facts



Properties

Glycemic Index:60.07, Glycemic Load:32.82, Inflammation Score:-8, Nutrition Score:19.304782660111%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol:

0.12mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 673.14kcal (33.66%), Fat: 32.5g (50%), Saturated Fat: 4.69g (29.29%), Carbohydrates: 81.59g (27.2%), Net Carbohydrates: 76.65g (27.87%), Sugar: 16.38g (18.2%), Cholesterol: 0mg (0%), Sodium: 762.87mg (33.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.32g (32.64%), Selenium: 55.78µg (79.68%), Manganese: 1.23mg (61.48%), Vitamin K: 36.33µg (34.6%), Vitamin C: 26.21mg (31.77%), Phosphorus: 244.27mg (24.43%), Copper: 0.45mg (22.73%), Magnesium: 82.3mg (20.58%), Vitamin B3: 4.02mg (20.12%), Fiber: 4.94g (19.77%), Vitamin A: 920.51IU (18.41%), Vitamin E: 2.69mg (17.95%), Iron: 2.36mg (13.12%), Vitamin B6: 0.26mg (13%), Folate: 50.38µg (12.6%), Zinc: 1.79mg (11.96%), Potassium: 403.11mg (11.52%), Vitamin B1: 0.16mg (10.35%), Vitamin B2: 0.12mg (6.81%), Vitamin B5: 0.66mg (6.64%), Calcium: 64.88mg (6.49%)