



Sesame Noodle Salad with Red Bell Pepper and Peanuts



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



331 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup julienne-cut bell pepper red (2 x)
- ☐ 1 tablespoon brown sugar
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 tablespoons dry-roasted peanuts finely chopped
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1.5 cups bean sprouts fresh
- ☐ 1 tablespoon cilantro leaves fresh chopped

- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 garlic cloves crushed
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.3 cup juice of lime fresh
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 1 tablespoon sesame oil
- ☐ 0.5 pound spaghetti uncooked
- ☐ 1 tablespoon tomato paste
- ☐ 1 teaspoon vegetable oil
- ☐ 1 tablespoon water

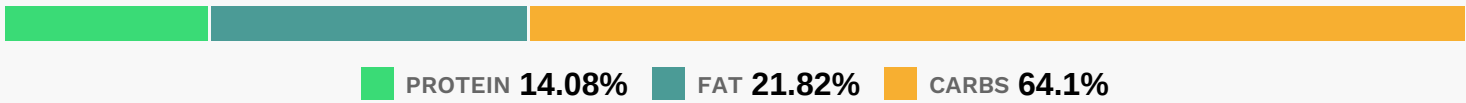
Equipment

- ☐ bowl

Directions

- ☐ To prepare dressing, combine first 10 ingredients in a jar; cover tightly, and shake vigorously.
- ☐ To prepare the salad, cook the pasta according to package directions, omitting salt and fat.
- ☐ Drain and rinse under cold water.
- ☐ Combine pasta, bean sprouts, and the next 5 ingredients (bean sprouts through cilantro) in a large bowl.
- ☐ Pour dressing over salad; toss gently to coat.
- ☐ Let stand 30 minutes.
- ☐ Sprinkle with peanuts.

Nutrition Facts



Properties

Glycemic Index:74.5, Glycemic Load:17.89, Inflammation Score:-8, Nutrition Score:17.219565412273%

Flavonoids

Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 1.61mg, Hesperetin: 1.61mg, Hesperetin: 1.61mg, Hesperetin: 1.61mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 331.44kcal (16.57%), Fat: 8.22g (12.65%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 54.36g (18.12%), Net Carbohydrates: 50.04g (18.2%), Sugar: 8.19g (9.1%), Cholesterol: 0mg (0%), Sodium: 497.67mg (21.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.95g (23.89%), Vitamin C: 48.99mg (59.38%), Selenium: 37.08µg (52.97%), Manganese: 0.89mg (44.48%), Vitamin K: 34.94µg (33.28%), Vitamin A: 1216.68IU (24.33%), Phosphorus: 187.9mg (18.79%), Fiber: 4.32g (17.29%), Folate: 68.18µg (17.04%), Magnesium: 66.16mg (16.54%), Copper: 0.32mg (15.83%), Vitamin B6: 0.27mg (13.73%), Vitamin B3: 2.68mg (13.38%), Potassium: 432.26mg (12.35%), Iron: 1.95mg (10.81%), Vitamin B2: 0.16mg (9.6%), Vitamin B1: 0.14mg (9%), Zinc: 1.35mg (8.99%), Vitamin E: 1.03mg (6.89%), Vitamin B5: 0.64mg (6.44%), Calcium: 49.31mg (4.93%)