



Sesame Noodles

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



388 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons chili sauce
- ☐ 6 cloves garlic minced
- ☐ 6 green onions sliced
- ☐ 16 ounce linguine pasta
- ☐ 6 tablespoons rice vinegar
- ☐ 6 tablespoons safflower oil
- ☐ 2 tablespoons sesame oil
- ☐ 1 teaspoon sesame seed toasted

- ☐ 6 tablespoons soya sauce
- ☐ 6 tablespoons sugar

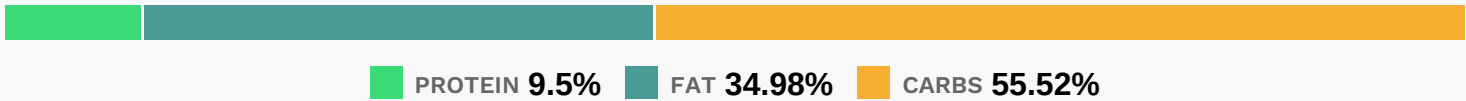
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Bring a pot of lightly salted water to boil.
- ☐ Add pasta, and cook until al dente, about 8 to 10 minutes.
- ☐ Drain, and transfer to a serving bowl.
- ☐ Meanwhile, place a saucepan over medium-high heat. Stir in garlic, sugar, oil, vinegar, soy sauce, sesame oil, and chili sauce. Bring to a boil, stirring constantly, until sugar dissolves.
- ☐ Pour sauce over linguine, and toss to coat.
- ☐ Garnish with green onions and sesame seeds.

Nutrition Facts



Properties

Glycemic Index:34.26, Glycemic Load:23.76, Inflammation Score:-3, Nutrition Score:10.018695634344%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 387.84kcal (19.39%), Fat: 15.05g (23.16%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 53.77g (17.92%), Net Carbohydrates: 51.51g (18.73%), Sugar: 11.13g (12.37%), Cholesterol: 0mg (0%), Sodium: 776.44mg (33.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.2g (18.39%), Selenium: 36.53µg (52.18%), Manganese: 0.65mg (32.62%), Vitamin E: 3.77mg (25.12%), Vitamin K: 20.01µg (19.06%), Phosphorus: 134.19mg (13.42%), Copper: 0.21mg (10.47%), Magnesium: 38.96mg (9.74%), Fiber: 2.26g (9.05%), Vitamin B3: 1.59mg (7.96%), Vitamin B6: 0.14mg

(7.24%), Iron: 1.28mg (7.14%), Zinc: 0.94mg (6.28%), Potassium: 195.14mg (5.58%), Vitamin B1: 0.07mg (4.77%), Folate: 18.82µg (4.7%), Vitamin B2: 0.07mg (3.97%), Vitamin B5: 0.32mg (3.15%), Vitamin C: 2.59mg (3.14%), Calcium: 28.66mg (2.87%), Vitamin A: 98.46IU (1.97%)