



Sesame Noodles



Vegetarian



Dairy Free

READY IN



22 min.

SERVINGS



12

CALORIES



71 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup broccoli florets
- ☐ 0.3 cup carrots shredded
- ☐ 0.3 cup cucumber diced
- ☐ 0.3 cup edamame frozen
- ☐ 0.3 cup satay sauce
- ☐ 0.3 cup radishes chopped
- ☐ 0.3 cup bell pepper diced red
- ☐ 12 servings salt

- ☐ 2 scallions sliced
- ☐ 0.3 cup snow peas
- ☐ 0.8 cup penne pasta whole-wheat

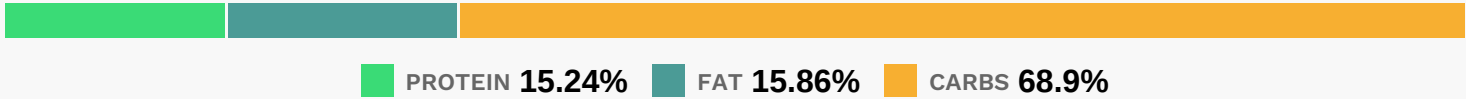
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a pot of salted water to a boil. Cook pasta until al dente, 10 minutes, adding edamame for last 3 minutes and broccoli and snow peas for last minute.
- ☐ Drain; run under cold water.
- ☐ Transfer to a large bowl, shaking off excess water.
- ☐ Add remaining vegetables. Toss with sauce.

Nutrition Facts



Properties

Glycemic Index:15.82, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:2.0543477917495%

Flavonoids

Pelargonidin: 1.53mg, Pelargonidin: 1.53mg, Pelargonidin: 1.53mg, Pelargonidin: 1.53mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 70.95kcal (3.55%), Fat: 1.21g (1.85%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 11.78g (3.93%), Net Carbohydrates: 10.24g (3.72%), Sugar: 1.76g (1.96%), Cholesterol: 0mg (0%), Sodium: 267.36mg (11.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.21%), Vitamin A: 598.79IU (11.98%), Vitamin C: 7.87mg (9.54%), Vitamin K: 7.32µg (6.97%), Fiber: 1.54g (6.17%), Folate: 6.26µg (1.56%), Potassium: 54.03mg (1.54%), Manganese: 0.02mg (1.18%), Vitamin B6: 0.02mg (1.18%), Iron: 0.21mg (1.15%)