



HEALTH SCORE

100%

## Sesame Noodles with Broccoli



Vegetarian



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



410 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cups baby carrots
- 5 cups broccoli florets
- 0.5 teaspoon chili paste depending on your taste pref with garlic (such as sambal oelek)
- 1.5 tablespoons sesame oil dark
- 0.3 cup cilantro leaves fresh chopped
- 0.5 teaspoon ginger fresh grated peeled
- 2 garlic clove minced
- 0.8 cup spring onion thinly sliced

- 2 teaspoons honey
- 2 tablespoons soy sauce low-sodium
- 2 tablespoons rice vinegar
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 3 tablespoons sesame seed toasted
- 2 tablespoons tahini (sesame seed paste)
- 2 tablespoons water
- 8 ounces spaghetti whole wheat uncooked

## Equipment

- bowl
- frying pan
- whisk
- pot

## Directions

- To prepare sauce, combine tahini and next 9 ingredients (through garlic) in a small bowl; stir with a whisk.
- To prepare noodles, cook pasta in a large pot of boiling water 5 minutes, omitting salt and fat.
- Add broccoli to pan, and cook 1 minute.
- Add carrots to pan; cook 1 minute.
- Drain; place in a large bowl.
- Sprinkle with onions and remaining ingredients.
- Drizzle with sauce; toss well.
- Serve immediately.

## Nutrition Facts



■ PROTEIN 14.1% ■ FAT 27.8% ■ CARBS 58.1%

## Properties

Glycemic Index:69.57, Glycemic Load:3.65, Inflammation Score:-10, Nutrition Score:37.566521976305%

## Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 9.18mg, Kaempferol: 9.18mg, Kaempferol: 9.18mg, Kaempferol: 9.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

## Nutrients (% of daily need)

Calories: 409.61kcal (20.48%), Fat: 13.58g (20.89%), Saturated Fat: 2.02g (12.63%), Carbohydrates: 63.87g (21.29%), Net Carbohydrates: 57.37g (20.86%), Sugar: 8.44g (9.38%), Cholesterol: 0mg (0%), Sodium: 824.01mg (35.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.5g (31.01%), Vitamin A: 9818.12IU (196.36%), Vitamin K: 165.73µg (157.84%), Vitamin C: 107.93mg (130.82%), Manganese: 2.32mg (115.94%), Selenium: 49.91µg (71.3%), Copper: 0.77mg (38.72%), Folate: 150.98µg (37.75%), Magnesium: 149.96mg (37.49%), Vitamin B1: 0.56mg (37.43%), Phosphorus: 360.29mg (36.03%), Iron: 5.12mg (28.47%), Fiber: 6.5g (26.01%), Vitamin B6: 0.5mg (24.92%), Vitamin B3: 4.92mg (24.58%), Potassium: 793.83mg (22.68%), Zinc: 2.9mg (19.35%), Calcium: 186.56mg (18.66%), Vitamin B2: 0.3mg (17.7%), Vitamin B5: 1.53mg (15.28%), Vitamin E: 1.15mg (7.66%)