



Sesame Noodles with Chili Oil and Scallions

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



557 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings kosher salt
- ☐ 3 tablespoons soy sauce reduced-sodium
- ☐ 2 teaspoons pepper coarsely chopped
- ☐ 12 ounces japanese ramen noodles thin
- ☐ 1 tablespoon pepper red crushed
- ☐ 4 spring onion separated thinly sliced
- ☐ 2 teaspoons sesame oil toasted
- ☐ 2 teaspoons sesame seed

- ☐ 1 teaspoon sugar
- ☐ 0.3 cup tahini (sesame seed paste)
- ☐ 0.3 cup rice vinegar
- ☐ 0.5 cup vegetable oil

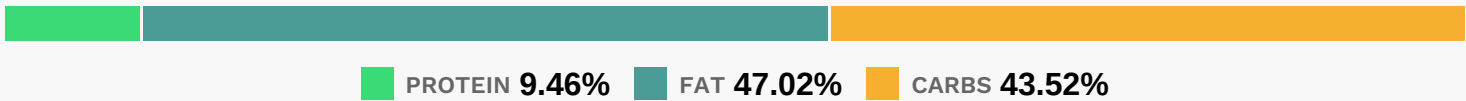
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cook scallion whites, vegetable oil, redpepper flakes, sesame seeds, and pepper ina small saucepan over low heat, stirringoccasionally, until oil is sizzling and scallionsare golden brown, 12–15 minutes; let chilioil cool in saucepan.
- ☐ Meanwhile, cook noodles in a large potof salted boiling water until al dente; drain.Rinse under cold water and drain well.
- ☐ Whisk tahini, vinegar, soy sauce, sesameoil, sugar, and 2–3 tablespoons chili oil (dependingon desired heat) in a large bowl; season withsalt.
- ☐ Add noodles and toss to coat. Top withscallion greens and drizzle with more chili oil.

Nutrition Facts



Properties

Glycemic Index:66.52, Glycemic Load:25.48, Inflammation Score:-7, Nutrition Score:18.917826237886%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 556.75kcal (27.84%), Fat: 29.57g (45.49%), Saturated Fat: 8.79g (54.96%), Carbohydrates: 61.58g (20.53%), Net Carbohydrates: 57.46g (20.89%), Sugar: 2.83g (3.15%), Cholesterol: 0mg (0%), Sodium: 2397.99mg

(104.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.38g (26.76%), Vitamin B1: 1.14mg (75.94%), Vitamin K: 43.73µg (41.65%), Manganese: 0.69mg (34.67%), Folate: 125.46µg (31.37%), Iron: 5.01mg (27.83%), Phosphorus: 258.58mg (25.86%), Vitamin B3: 4.81mg (24.04%), Copper: 0.48mg (24.03%), Selenium: 14.68µg (20.98%), Vitamin E: 2.65mg (17.66%), Vitamin B2: 0.3mg (17.64%), Fiber: 4.12g (16.5%), Vitamin A: 738.46IU (14.77%), Magnesium: 52.86mg (13.21%), Zinc: 1.74mg (11.57%), Potassium: 353.8mg (10.11%), Vitamin B6: 0.18mg (8.79%), Calcium: 79.92mg (7.99%), Vitamin C: 3.16mg (3.82%), Vitamin B12: 0.21µg (3.54%), Vitamin B5: 0.31mg (3.14%)