



## Sesame Noodles With Cucumber and Asian Pear

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



20 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

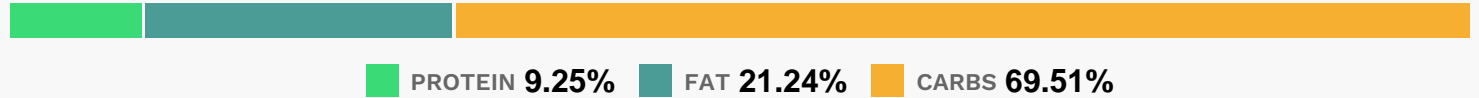
- 1 small cucumber
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 teaspoon peanuts chopped
- 0.5 small asian pear
- 1 takeout order sesame noodles cold

### Equipment

## Directions

- Toss sesame noodles with cilantro, then place a coil of noodles on each of 4 salad plates. Peel, seed, and cube the cucumber and core and cube the Asian pear (if you can't find Asian pears, any pear will do--choose a firm variety, such as Bosc).
- Sprinkle each plate with some cucumber, pear, and chopped peanuts.

## Nutrition Facts



## Properties

Glycemic Index:33.25, Glycemic Load:0.93, Inflammation Score:-1, Nutrition Score:1.5008695656839%

## Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 20.28kcal (1.01%), Fat: 0.52g (0.8%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 3.83g (1.28%), Net Carbohydrates: 2.88g (1.05%), Sugar: 2.35g (2.61%), Cholesterol: 0mg (0%), Sodium: 1.23mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Vitamin K: 4.28µg (4.07%), Fiber: 0.94g (3.77%), Manganese: 0.06mg (3.05%), Copper: 0.06mg (2.97%), Vitamin C: 2.11mg (2.56%), Potassium: 81.98mg (2.34%), Folate: 8.67µg (2.17%), Magnesium: 8.12mg (2.03%), Vitamin B6: 0.03mg (1.5%), Phosphorus: 14.57mg (1.46%), Vitamin B1: 0.02mg (1.38%), Vitamin B5: 0.12mg (1.16%), Calcium: 10.42mg (1.04%), Iron: 0.18mg (1.02%)