



Sesame Peanut Noodle Salad



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



413 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup freshly tea black brewed
- ☐ 2 pounds extra wide egg noodles cooked
- ☐ 1 cup cucumber julienned peeled seeded
- ☐ 1 cup cilantro leaves fresh
- ☐ 0.5 tablespoon ginger fresh minced
- ☐ 3 cloves garlic minced
- ☐ 0.5 jalapeno minced
- ☐ 1 tablespoon soya sauce light

- ☐ 1 cup natural peanut butter
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 2 tablespoons rice vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1.5 tablespoons sesame oil
- ☐ 1.5 teaspoons sugar white

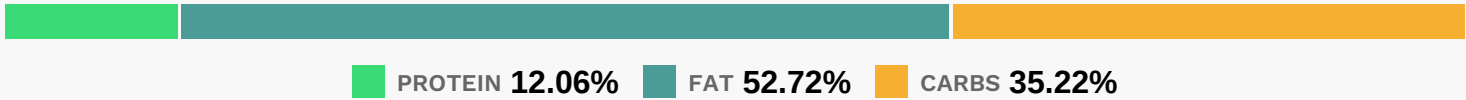
Equipment

- ☐ bowl
- ☐ mixing bowl

Directions

- ☐ Stir together the peanut butter, peanut oil, tea, ginger, garlic, jalapeno pepper, salt, sugar, soy sauce, vinegar, and sesame oil in a large mixing bowl until incorporated.
- ☐ Place the egg noodles in a large bowl; add the cucumber and cilantro and mix together with your hands.
- ☐ Pour the peanut sauce over the noodles; mix with your hands until evenly coated.

Nutrition Facts



Properties

Glycemic Index:40.39, Glycemic Load:15.08, Inflammation Score:-6, Nutrition Score:12.67347832348%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg Theaflavin: 0.23mg, Theaflavin: 0.23mg, Theaflavin: 0.23mg, Theaflavin: 0.23mg Thearubigins: 11.99mg, Thearubigins: 11.99mg, Thearubigins: 11.99mg, Thearubigins: 11.99mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg

0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg Theaflavin-3,3'-digallate: 0.26mg, Theaflavin-3,3'-digallate: 0.26mg, Theaflavin-3,3'-digallate: 0.26mg, Theaflavin-3,3'-digallate: 0.26mg Theaflavin-3'-gallate: 0.22mg, Theaflavin-3'-gallate: 0.22mg, Theaflavin-3'-gallate: 0.22mg, Theaflavin-3'-gallate: 0.22mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 413.01kcal (20.65%), Fat: 25.01g (38.47%), Saturated Fat: 4.7g (29.39%), Carbohydrates: 37.58g (12.53%), Net Carbohydrates: 34.42g (12.52%), Sugar: 4.93g (5.48%), Cholesterol: 32.89mg (10.96%), Sodium: 417.11mg (18.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.87g (25.74%), Manganese: 0.92mg (45.87%), Selenium: 28.67µg (40.95%), Vitamin E: 3.81mg (25.37%), Vitamin B3: 4.88mg (24.41%), Magnesium: 82.82mg (20.7%), Phosphorus: 205.29mg (20.53%), Copper: 0.27mg (13.63%), Fiber: 3.16g (12.62%), Vitamin B6: 0.23mg (11.48%), Zinc: 1.62mg (10.83%), Folate: 40.7µg (10.18%), Potassium: 276.86mg (7.91%), Iron: 1.39mg (7.75%), Vitamin K: 8.06µg (7.67%), Vitamin B5: 0.71mg (7.12%), Vitamin B1: 0.09mg (5.94%), Vitamin B2: 0.1mg (5.84%), Calcium: 36.08mg (3.61%), Vitamin A: 180.28IU (3.61%), Vitamin C: 2.48mg (3.01%), Vitamin B12: 0.1µg (1.7%)