



Sesame Peanut Noodles

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



249 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups bean sprouts rinsed
- ☐ 1.3 pounds extra wide egg noodles cooked
- ☐ 4 tablespoons freshly coriander leaves or chopped
- ☐ 1 tablespoon garlic infused oil
- ☐ 2 tablespoons juice of lime
- ☐ 4 ounces mange-tout snow peas
- ☐ 1 bell pepper red seeded cut into small strips
- ☐ 2 scallions finely sliced

- ☐ 1 tablespoon sesame oil
- ☐ 0.3 cup sesame seed
- ☐ 0.3 cup smooth peanut butter
- ☐ 1 tablespoon soya sauce
- ☐ 2 tablespoons chilli sauce sweet

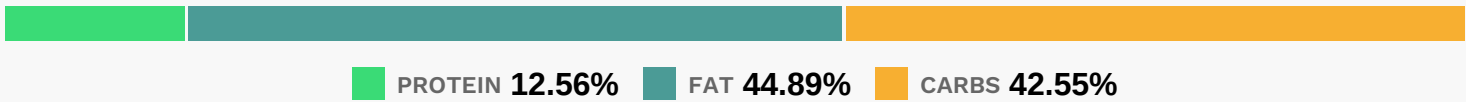
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together all of the dressing ingredients in a bowl or jug.
- ☐ Put the mange-tout, bean sprouts, sliced red pepper, sliced scallions and noodles into a bowl.
- ☐ Pour over the dressing and mix thoroughly to coat everything well.
- ☐ Sprinkle with the sesame seeds and coriander/cilantro and pack up as needed.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:9.19, Inflammation Score:-7, Nutrition Score:12.890000082876%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 249.45kcal (12.47%), Fat: 12.95g (19.92%), Saturated Fat: 2.23g (13.92%), Carbohydrates: 27.61g (9.2%), Net Carbohydrates: 24.4g (8.87%), Sugar: 5.9g (6.55%), Cholesterol: 20.55mg (6.85%), Sodium: 221.77mg (9.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.29%), Vitamin C: 32.72mg (39.66%), Manganese:

0.61mg (30.69%), Selenium: 19.3µg (27.58%), Vitamin K: 21.03µg (20.03%), Copper: 0.37mg (18.47%), Magnesium: 62mg (15.5%), Phosphorus: 149.87mg (14.99%), Vitamin A: 685.86IU (13.72%), Fiber: 3.21g (12.84%), Folate: 50.23µg (12.56%), Vitamin B3: 2.46mg (12.31%), Vitamin E: 1.73mg (11.56%), Iron: 2mg (11.13%), Vitamin B6: 0.21mg (10.71%), Zinc: 1.3mg (8.7%), Vitamin B1: 0.13mg (8.56%), Calcium: 73.28mg (7.33%), Potassium: 226.47mg (6.47%), Vitamin B2: 0.11mg (6.42%), Vitamin B5: 0.57mg (5.71%), Vitamin B12: 0.06µg (1.06%)