



Spicy Asian Cellophane Noodle Salad

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



420 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces vermicelli
- ☐ 4 eggs
- ☐ 3 tablespoons fish sauce
- ☐ 1 clove garlic
- ☐ 0.5 head lettuce chopped
- ☐ 0.3 cup juice of lime
- ☐ 0.5 large onion sliced
- ☐ 0.3 teaspoon salt

- ☐ 0.7 teaspoon sugar
- ☐ 7 thai chiles chopped
- ☐ 14 ounce spicy tofu cubed drained
- ☐ 1 tablespoon vegetable oil
- ☐ 1 quart water
- ☐ 1 large zucchini julienned

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ mortar and pestle

Directions

- ☐ Place eggs in a saucepan with enough cold water to cover, and bring a boil.
- ☐ Remove from heat, cover, and let eggs stand in hot water for 10 to 12 minutes.
- ☐ Remove from hot water, cool, peel, and chop.
- ☐ Heat the oil in a skillet over medium heat, and cook the onion and zucchini until tender.
- ☐ Mix in the tofu, and continue to cook and stir until browned on all sides.
- ☐ With a mortar and pestle, grind the garlic and Thai chiles into a fine paste.
- ☐ Mix with the fish sauce, lime juice, sugar, and salt.
- ☐ Bring 1 quart water to boil in a pot. Turn off heat, and soak the cellophane noodles in the hot water 1 minute, or until soft.
- ☐ In a large bowl, toss together the eggs, tofu mixture, garlic and chile paste, noodles, and lettuce.

Nutrition Facts



Properties

Glycemic Index:47.27, Glycemic Load:1.78, Inflammation Score:-7, Nutrition Score:15.410434681436%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 420.29kcal (21.01%), Fat: 12.38g (19.05%), Saturated Fat: 2.49g (15.58%), Carbohydrates: 60.85g (20.28%), Net Carbohydrates: 57.68g (20.98%), Sugar: 6.29g (6.99%), Cholesterol: 163.68mg (54.56%), Sodium: 1352.24mg (58.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.15g (34.31%), Vitamin C: 35.3mg (42.79%), Selenium: 19.69µg (28.13%), Vitamin K: 27.02µg (25.74%), Iron: 4mg (22.24%), Calcium: 209.65mg (20.97%), Manganese: 0.38mg (19%), Vitamin B2: 0.31mg (18.5%), Folate: 73.92µg (18.48%), Vitamin B6: 0.37mg (18.43%), Vitamin A: 808.84IU (16.18%), Phosphorus: 161.49mg (16.15%), Magnesium: 56.81mg (14.2%), Potassium: 477.01mg (13.63%), Fiber: 3.17g (12.67%), Vitamin B1: 0.19mg (12.46%), Copper: 0.2mg (10.24%), Vitamin B5: 1.02mg (10.23%), Zinc: 1.28mg (8.53%), Vitamin B12: 0.46µg (7.61%), Vitamin E: 1.11mg (7.37%), Vitamin D: 0.88µg (5.87%), Vitamin B3: 1mg (5.02%)