



WHATSheATE



HEALTH SCORE

75%

Spicy Confetti Noodles



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



6

CALORIES



62 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



3 medium spring onion



2 medium bell pepper



2 medium carrots



10 ounces salad leaves curly endive



2 teaspoons sesame oil



0.3 cup water



0.3 cup sherry dry



0.5 teaspoon chicken soup base

- ☐ 1 tablespoon ginger finely chopped
- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon chili puree with garlic
- ☐ 1 teaspoon curry powder
- ☐ 0.3 teaspoon sugar
- ☐ 2 garlic clove finely chopped

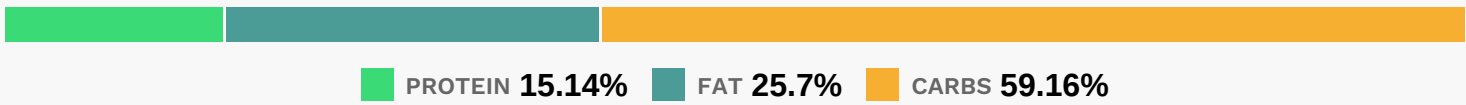
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Cut onions into 2-inch pieces; cut pieces into thin strips.
- ☐ Cut bell peppers into thin strips.
- ☐ Cut carrots into julienne strips.
- ☐ Cook and drain noodles as directed on package. Toss noodles and oil in large bowl. Stir in onions, bell peppers and carrots.
- ☐ Mix remaining ingredients in wok or 12-inch skillet.
- ☐ Heat to boiling over medium heat, stirring occasionally.
- ☐ Add noodle mixture; toss with sauce.
- ☐ Heat through, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:43.49, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:18.817391191245%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 61.74kcal (3.09%), Fat: 1.75g (2.69%), Saturated Fat: 0.27g (1.71%), Carbohydrates: 9.04g (3.01%), Net Carbohydrates: 5.11g (1.86%), Sugar: 3.73g (4.15%), Cholesterol: 0.02mg (0.01%), Sodium: 414.71mg (18.03%), Alcohol: 1.03g (100%), Alcohol %: 0.87% (100%), Protein: 2.31g (4.63%), Vitamin K: 161.34µg (153.66%), Vitamin A: 7418.36IU (148.37%), Vitamin C: 65.13mg (78.95%), Folate: 80.79µg (20.2%), Manganese: 0.36mg (18.19%), Fiber: 3.94g (15.75%), Vitamin E: 1.97mg (13.11%), Vitamin B6: 0.23mg (11.65%), Potassium: 402.24mg (11.49%), Copper: 0.18mg (9.02%), Vitamin B5: 0.77mg (7.71%), Magnesium: 28.1mg (7.02%), Calcium: 68.53mg (6.85%), Vitamin B2: 0.11mg (6.62%), Iron: 1.12mg (6.23%), Vitamin B3: 1.14mg (5.72%), Phosphorus: 55.38mg (5.54%), Vitamin B1: 0.07mg (4.98%), Zinc: 0.44mg (2.96%)