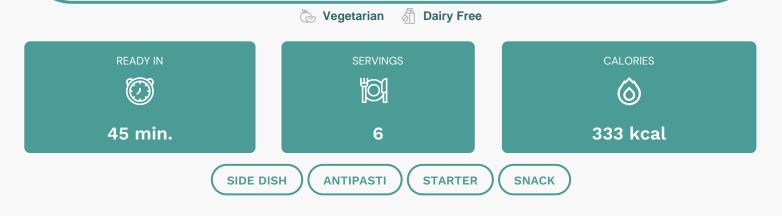


# Spicy Sesame Noodles with Chopped Peanuts and Thai Basil



## **Ingredients**

1 pound egg noodles fresh chinese
2 tablespoons balsamic vinegar
1 tablespoon chili oil hot ()
2 tablespoons ginger fresh minced peeled
2 garlic clove minced
12 spring onion thinly sliced (white and pale green parts only)
1 tablespoon vegetable oil; peanut oil preferred

	0.5 cup roasted peanuts coarsely chopped
	1.5 teaspoons salt
	3 tablespoons sesame oil
	2 tablespoons soya sauce
	1.5 tablespoons sugar
	0.3 cup basil fresh thinly sliced
Εq	uipment
	bowl
	frying pan
	whisk
	pot
	sieve
Directions	
	Heat peanut oil in small skillet over medium heat.
	Add ginger and garlic; sauté 1 minute.
	Transfer to large bowl.
	Add next 6 ingredients; whisk to blend.
	Place noodles in sieve over sink. Separate noodles with fingers and shake to remove excess starch. Cook in large pot of boiling salted water until just tender, stirring occasionally.
	Drain and rinse under cold water until cool.
	Drain thoroughly and transfer to bowl with sauce.
	Add sliced green onions and toss to coat noodles.
	Let stand at room temperature until noodles have absorbed dressing, tossing occasionally, about 1 hour. Stir in peanuts and Thai basil; toss again. Season to taste with salt and pepper.
	Serve at room temperature.

## **Nutrition Facts**

### **Properties**

Glycemic Index:47.02, Glycemic Load:3.11, Inflammation Score:-4, Nutrition Score:8.0139130561248%

#### **Flavonoids**

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

#### **Nutrients** (% of daily need)

Calories: 333.21kcal (16.66%), Fat: 19.24g (29.59%), Saturated Fat: 3.4g (21.25%), Carbohydrates: 33.08g (11.03%), Net Carbohydrates: 29.73g (10.81%), Sugar: 5.26g (5.85%), Cholesterol: Omg (0%), Sodium: 1103.39mg (47.97%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 8.42g (16.84%), Vitamin K: 56.22µg (53.55%), Manganese: 0.4mg (19.85%), Fiber: 3.35g (13.4%), Iron: 2.41mg (13.38%), Vitamin B3: 2.21mg (11.07%), Folate: 32.74µg (8.18%), Magnesium: 30.19mg (7.55%), Phosphorus: 67.66mg (6.77%), Vitamin E: 0.95mg (6.31%), Vitamin C: 5.12mg (6.21%), Copper: 0.12mg (6.13%), Vitamin A: 292.12IU (5.84%), Potassium: 196.19mg (5.61%), Vitamin B1: 0.06mg (3.88%), Vitamin B6: 0.08mg (3.77%), Calcium: 36.45mg (3.65%), Zinc: 0.4mg (2.64%), Vitamin B2: 0.04mg (2.46%), Vitamin B5: 0.22mg (2.23%), Selenium: 1.29µg (1.84%)