



Spicy Sesame Noodles with Chopped Peanuts and Thai Basil



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



333 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

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

Equipment

- ☐ 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



 **PROTEIN 9.93%**  **FAT 51.05%**  **CARBS 39.02%**

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: 0.02mg Quercetin: 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: 0mg (0%), Sodium: 1103.39mg (47.97%), Alcohol: 0g (100%), Alcohol %: 0% (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%)