



## Stir-Fry Noodles with Jalapenos and Peanuts

 Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 medium carrots julienned
- 1 piece ginger fresh finely grated peeled
- 2 cloves garlic smashed finely chopped
- 0.5 jalapeño seeded cut into brunoise
- 1 cup napa cabbage
- 1 pound noodles fresh
- 1 teaspoon vegetable oil; peanut oil preferred
- 0.3 cup peanuts coarsely chopped

- 2 tablespoons rice wine vinegar
- 3 scallions white green separated sliced
- 1 teaspoon sesame oil
- 4 ounces mushroom caps stemmed sliced
- 2 tablespoons soya sauce

## Equipment

- bowl
- frying pan
- pot
- tongs

## Directions

- Bring a large pot of salted water to a boil. Toss in the noodles, swishing them around with a pair of tongs so they don't stick together, and cook until soft, 5 to 6 minutes. Strain and immediately rinse with cold water, and then transfer to a bowl and toss with the sesame oil.
- Coat a large straight-sided saute pan with the peanut oil and toss in the white scallions, the garlic, ginger and jalapenos. Cook over medium heat, 1 to 2 minutes. Toss in the carrots and cook until softened, about 2 minutes. Toss in the mushrooms and cook until softened, 2 to 3 minutes, and then add cabbage and cook 1 minute longer.
- Sprinkle in the green scallions.
- Stir in the soy and rice wine vinegar. Toss in the cooked noodles, stir to combine and cook until the noodles are hot and nicely coated.
- Transfer to a serving dish and sprinkle with the peanuts.

## Nutrition Facts



## Properties

Glycemic Index:85.27, Glycemic Load:36.01, Inflammation Score:-10, Nutrition Score:25.627826079078%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

## Nutrients (% of daily need)

Calories: 529.45kcal (26.47%), Fat: 8.54g (13.14%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 93.66g (31.22%), Net Carbohydrates: 86.96g (31.62%), Sugar: 5.9g (6.55%), Cholesterol: 0mg (0%), Sodium: 538.99mg (23.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.57g (39.15%), Selenium: 74.48µg (106.4%), Vitamin A: 5264.48IU (105.29%), Manganese: 1.52mg (76.01%), Phosphorus: 316.36mg (31.64%), Vitamin K: 31.41µg (29.92%), Fiber: 6.71g (26.83%), Vitamin B3: 5.3mg (26.52%), Copper: 0.5mg (25%), Magnesium: 95.93mg (23.98%), Vitamin B6: 0.41mg (20.71%), Folate: 74.89µg (18.72%), Potassium: 611.47mg (17.47%), Zinc: 2.3mg (15.35%), Vitamin B1: 0.21mg (14%), Iron: 2.49mg (13.82%), Vitamin C: 11.25mg (13.64%), Vitamin B5: 1.24mg (12.37%), Vitamin B2: 0.19mg (11.38%), Calcium: 70.71mg (7.07%), Vitamin E: 0.64mg (4.25%)