



Sweet and Spicy Peanut Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



135 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 0.5 teaspoon chili paste depending on your taste pref to taste (or)
- ☐ 6 ounces linguine cooked
- ☐ 1 garlic clove finely chopped
- ☐ 2 teaspoons ginger finely chopped
- ☐ 1 tablespoon hoisin sauce
- ☐ 2 tablespoons soy sauce low-sodium
- ☐ 0.3 cup natural butter extract

- ☐ 1 tablespoon rice vinegar
- ☐ 0.3 cup spring onion sliced
- ☐ 1 teaspoon sesame oil

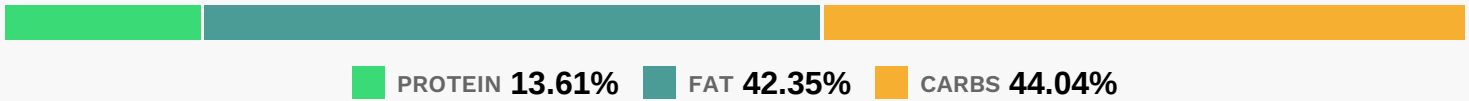
Equipment

- ☐ sauce pan

Directions

- ☐ In a small saucepan, heat oil over medium heat.
- ☐ Add garlic and ginger; cook, stirring, until just soft, 1 minute.
- ☐ Add 3 tablespoons water, peanut butter, soy sauce, hoisin, sugar, vinegar and chile paste; cook, stirring often, until sauce is thick, about 4 minutes. Toss in noodles and scallions; serve at room temperature.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:4.14, Inflammation Score:-2, Nutrition Score:4.67173915324%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 135.45kcal (6.77%), Fat: 6.58g (10.13%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 14.06g (5.11%), Sugar: 4.17g (4.63%), Cholesterol: 0.08mg (0.03%), Sodium: 239.07mg (10.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.52%), Manganese: 0.3mg (14.99%), Selenium: 8.15µg (11.64%), Vitamin K: 11.65µg (11.1%), Vitamin B3: 1.66mg (8.3%), Magnesium: 29.26mg (7.32%), Vitamin E: 1.07mg (7.12%), Phosphorus: 65.77mg (6.58%), Fiber: 1.33g (5.32%), Folate: 18µg (4.5%), Copper: 0.09mg (4.45%), Iron: 0.76mg (4.23%), Vitamin B6: 0.08mg (4.18%), Potassium: 118.77mg (3.39%), Zinc: 0.5mg (3.31%), Vitamin B2: 0.05mg (2.97%), Vitamin B1: 0.03mg (1.91%), Vitamin B5: 0.18mg (1.76%), Calcium: 16.62mg (1.66%), Vitamin C: 1.31mg (1.59%), Vitamin A: 56.42IU (1.13%)