



HEALTH SCORE

100%

Sweet Chili-Lime Noodles With Vegetables



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



1

CALORIES



257 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups bok choy shredded
- ☐ 0.3 cup carrots grated
- ☐ 1 serving chili-lime sauce sweet
- ☐ 0.3 cup snow peas fresh
- ☐ 2 oz grain spaghetti whole cooked uncooked

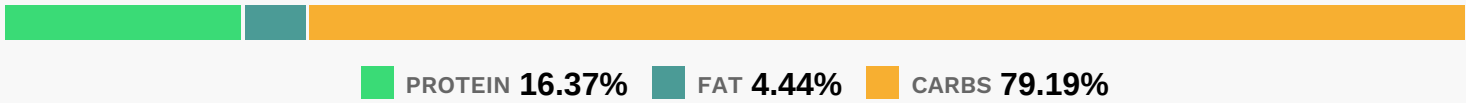
Equipment

- ☐ microwave

Directions

- ☐ Place pasta, next 4 ingredients, and, if desired, chicken in a medium-size microwave-safe plastic container. Cover with lid, and shake to combine.
- ☐ Lift 1 corner of lid to allow steam to escape. Microwave at HIGH 2 minutes or until vegetables are tender.
- ☐ *2 cups shredded coleslaw mix or shredded cabbage may be substituted.
- ☐ Note: For testing purposes only, we used Mueller's Whole Grain Spaghetti.

Nutrition Facts



Properties

Glycemic Index:88.83, Glycemic Load:18.04, Inflammation Score:-10, Nutrition Score:25.35826102547%

Flavonoids

Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 6.14mg, Kaempferol: 6.14mg, Kaempferol: 6.14mg, Kaempferol: 6.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 256.56kcal (12.83%), Fat: 1.28g (1.96%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 51.29g (17.1%), Net Carbohydrates: 46.43g (16.88%), Sugar: 6.33g (7.03%), Cholesterol: 0mg (0%), Sodium: 184.46mg (8.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.6g (21.2%), Vitamin A: 11901.44IU (238.03%), Vitamin C: 80.39mg (97.44%), Vitamin K: 74.37µg (70.82%), Selenium: 36.79µg (52.56%), Manganese: 0.85mg (42.4%), Folate: 119.43µg (29.86%), Vitamin B6: 0.44mg (22.17%), Fiber: 4.87g (19.47%), Phosphorus: 185.75mg (18.57%), Potassium: 649.14mg (18.55%), Calcium: 181mg (18.1%), Magnesium: 66.97mg (16.74%), Iron: 2.5mg (13.9%), Copper: 0.23mg (11.68%), Vitamin B1: 0.17mg (11.29%), Vitamin B3: 2.21mg (11.03%), Vitamin B2: 0.17mg (10.22%), Zinc: 1.22mg (8.11%), Vitamin B5: 0.64mg (6.39%), Vitamin E: 0.59mg (3.94%)