



Szechuan Sesame Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



282 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon chili-garlic sauce
- ☐ 2 tablespoons ginger fresh peeled finely chopped
- ☐ 3 large garlic cloves minced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 8 ounces asian noodles dried thin
- ☐ 4 tablespoons oriental sesame oil
- ☐ 3 tablespoons peanuts chopped
- ☐ 1.5 cups onions green red thinly sliced

☐ 6 tablespoons bottled teriyaki sauce

Equipment

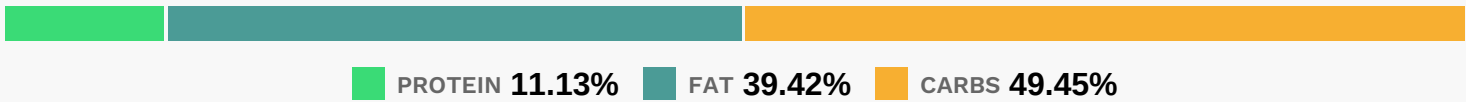
☐ frying pan

☐ pot

Directions

- ☐ Cook noodles in large pot of boiling salted water until tender but still firm to bite.
- ☐ Drain; return noodles to same pot.
- ☐ Mix in 1 tablespoon oil and peanuts.
- ☐ Heat 3 tablespoons oil in heavy small skillet over medium-low heat.
- ☐ Add ginger and garlic; stir 10 seconds.
- ☐ Add teriyaki sauce, lime juice and chili sauce; simmer 30 seconds.
- ☐ Mix sauce and onions into noodles. Season with salt and pepper.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:22.21, Glycemic Load:11.97, Inflammation Score:-5, Nutrition Score:10.27869569737%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 281.58kcal (14.08%), Fat: 12.46g (19.17%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 35.18g (11.73%), Net Carbohydrates: 32.7g (11.89%), Sugar: 4.41g (4.9%), Cholesterol: 0mg (0%), Sodium: 738.37mg (32.1%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 7.92g (15.84%), Vitamin K: 53.12µg (50.59%), Selenium: 24.83µg (35.47%),

Manganese: 0.55mg (27.5%), Phosphorus: 131.6mg (13.16%), Magnesium: 47.19mg (11.8%), Copper: 0.2mg (10.2%), Fiber: 2.48g (9.94%), Folate: 37.05µg (9.26%), Vitamin B3: 1.83mg (9.17%), Vitamin C: 6.78mg (8.22%), Iron: 1.41mg (7.82%), Potassium: 252.54mg (7.22%), Vitamin B6: 0.13mg (6.43%), Vitamin B1: 0.09mg (6.12%), Zinc: 0.78mg (5.23%), Vitamin A: 251.88IU (5.04%), Calcium: 39.53mg (3.95%), Vitamin B2: 0.07mg (3.84%), Vitamin B5: 0.33mg (3.26%), Vitamin E: 0.33mg (2.19%)