

Thai Noodle Salad

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



325 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup cabbage shredded finely
- ☐ 2 carrots grated
- ☐ 1 cucumber peeled seeded thinly sliced
- ☐ 0.3 cup dry-roasted peanuts chopped
- ☐ 1 tablespoon fish sauce
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 2 garlic cloves minced

- ☐ 1 tablespoon honey
- ☐ 1 jalapeno seeded chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 8 oz vermicelli
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons sesame oil

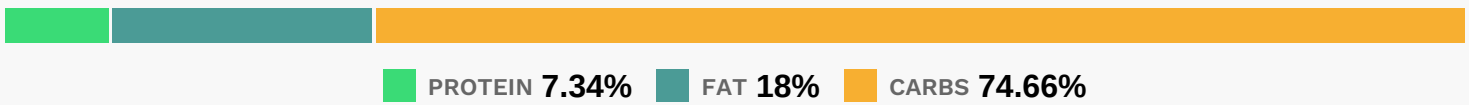
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Cook pasta according to package directions.
- ☐ Drain, rinse, and place in a large bowl; set aside.
- ☐ Process cilantro and next 7 ingredients in a food processor until smooth, stopping to scrape down sides.
- ☐ Toss together pasta, cilantro dressing, carrots, and next 3 ingredients.
- ☐ Sprinkle with peanuts, and serve immediately.
- ☐ * Soy sauce may be substituted for fish sauce.

Nutrition Facts



Properties

Glycemic Index:77.53, Glycemic Load:30.67, Inflammation Score:-10, Nutrition Score:14.766521707825%

Flavonoids

Eriodictyol: 1.2mg, Eriodictyol: 1.2mg, Eriodictyol: 1.2mg, Eriodictyol: 1.2mg Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg

Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 325.2kcal (16.26%), Fat: 6.57g (10.1%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 61.3g (20.43%), Net Carbohydrates: 57.3g (20.84%), Sugar: 7.94g (8.82%), Cholesterol: 0mg (0%), Sodium: 669.35mg (29.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.05%), Vitamin A: 5421.9IU (108.44%), Manganese: 0.71mg (35.43%), Vitamin K: 27.83µg (26.5%), Vitamin C: 21.06mg (25.53%), Phosphorus: 161.58mg (16.16%), Fiber: 4g (15.99%), Selenium: 10.11µg (14.44%), Magnesium: 49.58mg (12.4%), Folate: 45.95µg (11.49%), Potassium: 388.23mg (11.09%), Vitamin B3: 2.11mg (10.53%), Copper: 0.2mg (10.08%), Vitamin B6: 0.2mg (9.88%), Vitamin B1: 0.11mg (7.5%), Iron: 1.22mg (6.76%), Calcium: 62.22mg (6.22%), Zinc: 0.93mg (6.18%), Vitamin B5: 0.52mg (5.21%), Vitamin B2: 0.08mg (4.79%), Vitamin E: 0.46mg (3.09%)