



HEALTH SCORE

58%

Thai Noodle Salad



Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



363 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 carrots grated
- ☐ 0.5 cup crunchy peanut butter unsalted
- ☐ 1 cucumber julienned
- ☐ 1 tablespoon sesame oil dark
- ☐ 2 cups bean sprouts fresh
- ☐ 1 teaspoon ginger fresh grated
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 clove garlic minced

- ☐ 6 green onions thinly sliced
- ☐ 0.5 cup milk
- ☐ 1 cup peanuts chopped
- ☐ 0.1 teaspoon pepper flakes red crushed
- ☐ 3 tablespoons rice wine vinegar
- ☐ 1 head romaine lettuce
- ☐ 3 tablespoons soya sauce
- ☐ 8 ounces udon noodles

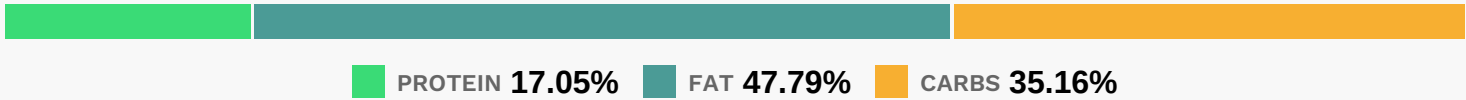
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ In a large pot of lightly salted boiling water, cook the udon noodles for about five minutes or until tender.
- ☐ Drain and rinse the noodles under cold running water and let cool.
- ☐ Whisk the peanut butter, milk, ginger, garlic, vinegar, soy sauce, sesame oil, and red pepper flakes in a small bowl until well blended.
- ☐ In a large salad bowl, combine the cooked noodles, cucumber, sprouts, carrot, green onions and mint. Wisk the peanut butter dressing and pour it over the salad. Stir until well coated and serve chilled on a bed of romaine leaves.
- ☐ Garnish with the roasted and chopped peanuts.

Nutrition Facts



Properties

Glycemic Index:39.18, Glycemic Load:11.27, Inflammation Score:-10, Nutrition Score:24.390869316847%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 363.12kcal (18.16%), Fat: 20.53g (31.59%), Saturated Fat: 3.21g (20.09%), Carbohydrates: 33.98g (11.33%), Net Carbohydrates: 26.17g (9.52%), Sugar: 8.25g (9.17%), Cholesterol: 1.83mg (0.61%), Sodium: 827.12mg (35.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.48g (32.96%), Vitamin A: 9579.17IU (191.58%), Vitamin K: 112.53µg (107.17%), Manganese: 1.07mg (53.37%), Folate: 197.69µg (49.42%), Fiber: 7.81g (31.23%), Vitamin B3: 6.08mg (30.4%), Magnesium: 90.62mg (22.65%), Phosphorus: 202.5mg (20.25%), Copper: 0.39mg (19.74%), Potassium: 661.03mg (18.89%), Vitamin B1: 0.26mg (17.31%), Vitamin B6: 0.29mg (14.38%), Iron: 2.52mg (14.02%), Vitamin C: 10.93mg (13.25%), Vitamin B2: 0.19mg (11.09%), Calcium: 97.27mg (9.73%), Vitamin B5: 0.94mg (9.41%), Zinc: 1.37mg (9.15%), Vitamin E: 1.35mg (9%), Selenium: 3.65µg (5.21%), Vitamin B12: 0.08µg (1.37%), Vitamin D: 0.17µg (1.12%)