

Thai Noodle Salad

 Dairy Free

READY IN



75 min.

SERVINGS



20

CALORIES



150 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 ounce angel hair pasta
- ☐ 2 tablespoons sesame seed black toasted
- ☐ 1 teaspoon brown sugar
- ☐ 4 large carrots shredded
- ☐ 1 bunch cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic powder
- ☐ 1 small bell pepper green chopped
- ☐ 1 bunch green onions fresh chopped

- ☐ 1 teaspoon ground pepper black
- ☐ 3 cups napa cabbage shredded
- ☐ 0.3 cup peanut butter
- ☐ 0.5 cup peanuts chopped
- ☐ 1 small bell pepper red chopped
- ☐ 0.3 cup rice wine vinegar
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sesame oil
- ☐ 8 ounces shrimp frozen thawed cooked drained
- ☐ 5 tablespoons soya sauce
- ☐ 0.3 cup chili sauce sweet
- ☐ 2 tablespoons tahini
- ☐ 1 small bell pepper yellow chopped

Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Break pasta into small pieces and add to boiling water; cook for 8 to 10 minutes or until al dente; drain. In a large bowl, toss together the pasta, cabbage, carrots, green, red and yellow bell peppers, 1/2 of the cilantro, 1/2 of the onions, and shrimp.
- ☐ In a small bowl, stir together the peanut butter, tahini, rice wine vinegar and sweet chile sauce. Season with soy sauce, sesame oil, brown sugar, garlic powder, salt and pepper. Ten minutes before serving, toss the sauce with the cabbage mixture until evenly coated.
- ☐ Garnish with remaining cilantro, green onions, peanuts and black sesame seeds.

Nutrition Facts



 PROTEIN **19.49%**  FAT **30.79%**  CARBS **49.72%**

Properties

Glycemic Index:19.6, Glycemic Load:5.91, Inflammation Score:-9, Nutrition Score:9.8717391179956%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 150.29kcal (7.51%), Fat: 5.28g (8.12%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 19.18g (6.39%), Net Carbohydrates: 17.12g (6.23%), Sugar: 3.71g (4.13%), Cholesterol: 18.26mg (6.09%), Sodium: 441.19mg (19.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.04%), Vitamin A: 2619.43IU (52.39%), Vitamin C: 18.83mg (22.82%), Manganese: 0.42mg (21.04%), Selenium: 12.14µg (17.34%), Phosphorus: 116.73mg (11.67%), Copper: 0.22mg (11.24%), Vitamin K: 11.19µg (10.66%), Vitamin B3: 1.89mg (9.43%), Magnesium: 36.48mg (9.12%), Folate: 33.53µg (8.38%), Fiber: 2.06g (8.24%), Vitamin B6: 0.14mg (7.23%), Potassium: 237.59mg (6.79%), Vitamin B1: 0.1mg (6.54%), Zinc: 0.8mg (5.31%), Iron: 0.94mg (5.22%), Calcium: 43.78mg (4.38%), Vitamin E: 0.52mg (3.45%), Vitamin B2: 0.05mg (3.12%), Vitamin B5: 0.27mg (2.68%)