



Thai Peanut Noodle Stir-Fry

 Vegetarian  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



565 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup broccoli florets
- 3 tablespoons brown sugar
- 1 cup carrots sliced
- 1 tablespoon cornstarch
- 0.3 cup creamy peanut butter
- 2 cloves garlic minced
- 1 teaspoon ground ginger
- 0.3 teaspoon ground pepper red

- 3 tablespoons honey
- 1 onion chopped
- 0.5 cup bell pepper red chopped
- 2 tablespoons sake
- 1 teaspoon sesame oil
- 3 tablespoons soya sauce
- 8 ounce pasta like spaghetti uncooked
- 0.5 cup sugar snap peas
- 1 cup vegetable broth
- 2 tablespoons vegetable oil

Equipment

- frying pan
- whisk
- pot
- colander

Directions

- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the spaghetti, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes.
- Drain well in a colander set in the sink.
- Meanwhile, whisk the cornstarch into the vegetable broth until dissolved.
- Whisk in the peanut butter, soy sauce, honey, brown sugar, sesame oil, ground ginger, and red pepper. Bring to a boil over medium-high heat, then reduce heat to medium-low, and simmer until thickened, about 5 minutes. Stir in the sake and keep warm.
- Heat the vegetable oil in a large skillet over medium heat. Stir in the garlic and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the broccoli, carrots, red bell pepper, and sugar snap peas. Reduce heat, cover, and steam until the vegetables are tender, about 5 minutes. Toss the vegetables with the peanut sauce and pasta to serve.

Nutrition Facts

PROTEIN 10.93% FAT 31.35% CARBS 57.72%

Properties

Glycemic Index:92.03, Glycemic Load:27.01, Inflammation Score:-10, Nutrition Score:25.49782624452%

Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg

Nutrients (% of daily need)

Calories: 564.6kcal (28.23%), Fat: 19.98g (30.73%), Saturated Fat: 3.59g (22.44%), Carbohydrates: 82.76g (27.59%), Net Carbohydrates: 76.96g (27.98%), Sugar: 30.55g (33.94%), Cholesterol: 0mg (0%), Sodium: 1120.58mg (48.72%), Alcohol: 1.21g (100%), Alcohol %: 0.5% (100%), Protein: 15.68g (31.35%), Vitamin A: 6381.94IU (127.64%), Vitamin C: 56.05mg (67.94%), Manganese: 1.3mg (64.79%), Selenium: 38.56µg (55.09%), Vitamin K: 44.41µg (42.29%), Vitamin B3: 5.2mg (26.01%), Phosphorus: 248.32mg (24.83%), Fiber: 5.8g (23.22%), Magnesium: 91.6mg (22.9%), Vitamin E: 3.37mg (22.44%), Vitamin B6: 0.43mg (21.3%), Folate: 71.12µg (17.78%), Copper: 0.34mg (17.02%), Potassium: 591.79mg (16.91%), Iron: 2.37mg (13.15%), Zinc: 1.78mg (11.86%), Vitamin B1: 0.17mg (11.38%), Vitamin B2: 0.18mg (10.79%), Vitamin B5: 0.96mg (9.59%), Calcium: 71.59mg (7.16%)