



Thai-Style Vegetable Rice Noodles

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



343 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup dry-roasted peanuts unsalted chopped
- ☐ 0.5 cup basil fresh chopped
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 1.5 tablespoons ginger fresh grated peeled
- ☐ 0.3 cup mint leaves fresh
- ☐ 6 garlic cloves sliced
- ☐ 0.5 cup green onions chopped
- ☐ 0.8 teaspoon kosher salt

- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 1 cup radishes thinly sliced
- ☐ 4 ounces flat rice noodles uncooked (pad Thai noodles)
- ☐ 1 pound snow peas trimmed
- ☐ 2 thai chiles finely chopped
- ☐ 1 tablespoon thai fish sauce

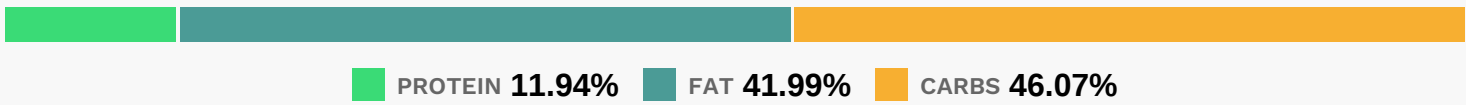
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ Drain and rinse under cold water; drain.
- ☐ Place in a medium bowl.
- ☐ Add radishes and next 6 ingredients (through fish sauce); toss well.
- ☐ Combine oil, ginger, garlic, and chiles in a large skillet over low heat; cook for 2 minutes. Increase heat to medium-high; cook an additional 1 minute or until garlic begins to brown.
- ☐ Add snow peas and salt to pan; cook 3 minutes or until crisp-tender, stirring occasionally.
- ☐ Add snow pea mixture to noodle mixture; toss well.
- ☐ Sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:67.25, Glycemic Load:14.29, Inflammation Score:-9, Nutrition Score:22.619130378184%

Flavonoids

Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 342.98kcal (17.15%), Fat: 16.5g (25.38%), Saturated Fat: 2.68g (16.76%), Carbohydrates: 40.71g (13.57%), Net Carbohydrates: 34.37g (12.5%), Sugar: 5.85g (6.5%), Cholesterol: 0mg (0%), Sodium: 941.02mg (40.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.55g (21.11%), Vitamin C: 84.1mg (101.94%), Vitamin K: 73.64µg (70.13%), Manganese: 1.06mg (53.07%), Vitamin A: 1794.36IU (35.89%), Fiber: 6.34g (25.37%), Folate: 97.02µg (24.26%), Magnesium: 82.48mg (20.62%), Iron: 3.69mg (20.49%), Phosphorus: 199.05mg (19.91%), Vitamin B3: 3.88mg (19.42%), Vitamin B6: 0.36mg (17.84%), Vitamin B1: 0.27mg (17.68%), Potassium: 570.13mg (16.29%), Copper: 0.31mg (15.46%), Vitamin B5: 1.25mg (12.51%), Vitamin E: 1.72mg (11.48%), Calcium: 113.94mg (11.39%), Selenium: 7.8µg (11.15%), Vitamin B2: 0.16mg (9.19%), Zinc: 1.16mg (7.73%)