



Thai Tofu and Spicy Asian Noodles



Vegetarian



Vegan



Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



376 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon sriracha
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove crushed
- ☐ 8 ounce pasta uncooked
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 1 tablespoon rice wine vinegar fresh
- ☐ 1 tablespoon smooth peanut butter

- ☐ 8 ounce sugar snap peas fresh
- ☐ 8 ounce baked tofu plain cut into cubes

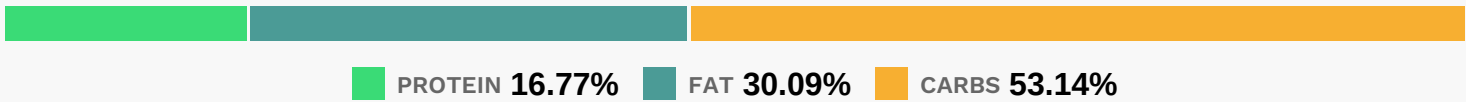
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring 2 quarts water to a boil in a saucepan.
- ☐ Place linguine in boiling water 5 minutes; add peas, and cook 2 minutes.
- ☐ Combine peanut oil and next 5 ingredients.
- ☐ Drain pasta mixture, and return to pan. Stir in peanut sauce and tofu.
- ☐ Sprinkle with chopped cilantro.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:17.32, Inflammation Score:-7, Nutrition Score:14.485217363938%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 375.71kcal (18.79%), Fat: 12.54g (19.3%), Saturated Fat: 2.05g (12.83%), Carbohydrates: 49.85g (16.62%), Net Carbohydrates: 45.76g (16.64%), Sugar: 4.65g (5.17%), Cholesterol: 0mg (0%), Sodium: 375.33mg (16.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.73g (31.45%), Selenium: 36.57µg (52.25%), Vitamin C: 34.61mg (41.96%), Manganese: 0.77mg (38.56%), Vitamin K: 18.44µg (17.56%), Phosphorus: 166mg (16.6%), Fiber: 4.09g (16.38%), Iron: 2.81mg (15.63%), Magnesium: 56.51mg (14.13%), Vitamin A: 706.36IU (14.13%), Vitamin E: 1.81mg (12.09%), Copper: 0.23mg (11.74%), Calcium: 114.01mg (11.4%), Vitamin B6: 0.21mg (10.65%), Folate: 41.83µg (10.46%), Vitamin B1: 0.15mg (9.81%), Vitamin B3: 1.95mg (9.74%), Potassium: 300.59mg (8.59%), Zinc: 1.13mg (7.56%), Vitamin B5: 0.75mg (7.5%), Vitamin B2: 0.11mg (6.42%)