



## Vegetables in Peanut Sauce with Noodles

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



1257 kcal

SAUCE

### Ingredients

- 2 cups broccoli
- 8 ounces water chestnuts drained sliced canned
- 2 medium carrots cut into matchstick-size pieces (1 cup)
- 2 cups cauliflower florets
- 1 cup celery stalks sliced
- 5 cups chow mein noodles
- 1 tablespoon cornstarch
- 1 cup creamy peanut butter

- 6 servings roasted peanuts
- 8 ounces bean sprouts fresh
- 1 tablespoon ginger grated
- 0.5 cup spring onion sliced
- 0.5 cup soya sauce
- 0.3 cup sugar
- 1.3 cups water

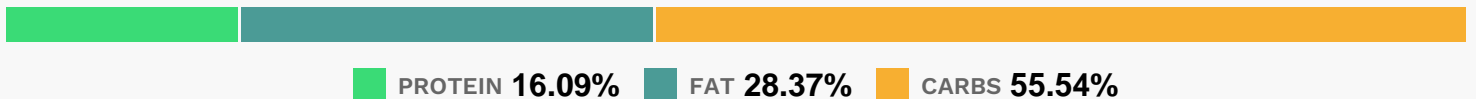
## Equipment

- bowl
- dutch oven

## Directions

- Mix water, peanut butter, sugar, soy sauce, cornstarch, gingerroot and onions in medium bowl; set aside.
- Spray 4-quart Dutch oven with cooking spray; heat over medium-high heat. Cook cauliflowerets, broccoli, carrots and celery in Dutch oven 5 minutes, stirring frequently. Stir in bean sprouts and water chestnuts. Cook 3 minutes, stirring frequently. Reduce heat to medium; stir in peanut butter mixture. Cover and cook about 5 minutes, stirring occasionally, until sauce is thickened.
- Serve vegetable mixture over noodles.
- Sprinkle with peanuts.

## Nutrition Facts



## Properties

Glycemic Index:48.15, Glycemic Load:8.58, Inflammation Score:-10, Nutrition Score:35.178695181142%

## Flavonoids

Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

## **Nutrients (% of daily need)**

Calories: 1256.72kcal (62.84%), Fat: 40.67g (62.56%), Saturated Fat: 6.73g (42.09%), Carbohydrates: 179.09g (59.7%), Net Carbohydrates: 158.96g (57.8%), Sugar: 22.24g (24.71%), Cholesterol: 0mg (0%), Sodium: 2684.69mg (116.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.9g (103.81%), Manganese: 1.74mg (87.1%), Fiber: 20.13g (80.52%), Vitamin A: 3746.24IU (74.92%), Vitamin K: 72.67µg (69.21%), Vitamin C: 51.32mg (62.21%), Vitamin B3: 12.12mg (60.6%), Iron: 9.66mg (53.69%), Magnesium: 159.92mg (39.98%), Folate: 157.58µg (39.4%), Phosphorus: 367.59mg (36.76%), Vitamin E: 4.73mg (31.56%), Vitamin B6: 0.59mg (29.68%), Copper: 0.59mg (29.35%), Potassium: 971.42mg (27.75%), Vitamin B1: 0.26mg (17.56%), Vitamin B5: 1.67mg (16.69%), Vitamin B2: 0.28mg (16.62%), Zinc: 2.48mg (16.52%), Calcium: 104.46mg (10.45%), Selenium: 5.98µg (8.54%)