



Vegetables in Peanut Sauce with Noodles

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



1110 kcal

SAUCE

Ingredients

- ☐ 1.3 cups water
- ☐ 1 cup creamy peanut butter
- ☐ 0.3 cup sugar
- ☐ 0.5 cup soya sauce
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon ginger grated
- ☐ 0.5 cup spring onion sliced
- ☐ 2 cups cauliflower florets

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- ☐ 2 medium carrots cut into matchstick-size pieces (1 cup)
- ☐ 1 cup celery stalks sliced
- ☐ 8 ounces bean sprouts fresh
- ☐ 8 ounces water chestnuts drained sliced canned
- ☐ 5 cups chow mein noodles
- ☐ 1 serving roasted peanuts

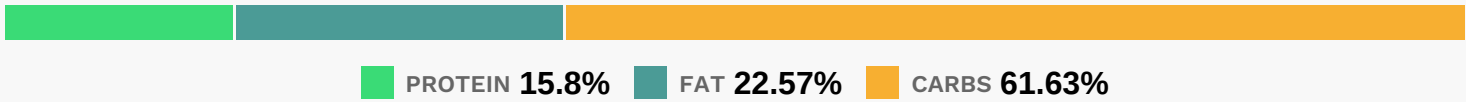
Equipment

- ☐ 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 cauliflowererets, 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:8.52, Inflammation Score:-10, Nutrition Score:27.868695279826%

Flavonoids

Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 1110.33kcal (55.52%), Fat: 28.39g (43.68%), Saturated Fat: 4.86g (30.34%), Carbohydrates: 174.44g (58.15%), Net Carbohydrates: 156.63g (56.96%), Sugar: 22.38g (24.87%), Cholesterol: 0mg (0%), Sodium: 2576.76mg (112.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.71g (89.43%), Vitamin A: 3563.49IU (71.27%), Fiber: 17.81g (71.24%), Manganese: 1.14mg (57.17%), Iron: 9.02mg (50.11%), Vitamin C: 41.23mg (49.97%), Vitamin K: 47.92µg (45.64%), Vitamin B3: 8.37mg (41.85%), Folate: 126.6µg (31.65%), Vitamin E: 4.53mg (30.21%), Magnesium: 116.76mg (29.19%), Vitamin B6: 0.54mg (26.98%), Phosphorus: 266.15mg (26.61%), Potassium: 784.39mg (22.41%), Copper: 0.42mg (21.02%), Vitamin B2: 0.25mg (14.53%), Vitamin B5: 1.38mg (13.75%), Zinc: 1.95mg (12.98%), Vitamin B1: 0.18mg (12%), Calcium: 73mg (7.3%), Selenium: 3.57µg (5.1%)