



Vietnamese Noodle-Vegetable Toss

 Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



395 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup dry-roasted peanuts unsalted chopped
- ☐ 1 cup cucumber english grated
- ☐ 1 tablespoon fish sauce
- ☐ 1 cup bean sprouts fresh
- ☐ 1 cup cilantro leaves fresh
- ☐ 1 tablespoon juice of lime fresh
- ☐ 6 ounces rice noodles linguine-style uncooked (such as Thai Kitchen)
- ☐ 2 cups d tricolor slaw mix

- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons water
- ☐ 6 cups water

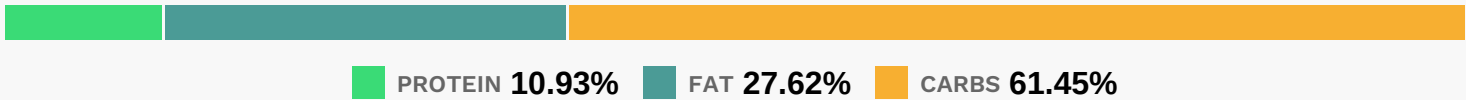
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring 6 cups water to a boil in a large saucepan.
- ☐ Remove from heat; add rice noodles.
- ☐ Let soak 3 minutes or until tender.
- ☐ Drain.
- ☐ While noodles soak, combine sugar and next 3 ingredients in a small bowl, stirring well with a whisk.
- ☐ Combine noodles, slaw mix, and next 3 ingredients in a large bowl. Toss with sugar mixture.
- ☐ Sprinkle with peanuts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:68.03, Glycemic Load:30.33, Inflammation Score:-7, Nutrition Score:16.422173934138%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg

0.24mg, Kaempferol: 0.24mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 394.52kcal (19.73%), Fat: 12.44g (19.14%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 62.29g (20.76%),
Net Carbohydrates: 57.08g (20.76%), Sugar: 7.85g (8.72%), Cholesterol: 0mg (0%), Sodium: 717.48mg (31.19%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.08g (22.16%), Vitamin K: 69.16µg (65.86%), Manganese:
1.06mg (53.02%), Vitamin C: 25.6mg (31.03%), Phosphorus: 223.77mg (22.38%), Vitamin B3: 4.37mg (21.83%), Fiber:
5.21g (20.82%), Folate: 82.87µg (20.72%), Magnesium: 82.19mg (20.55%), Copper: 0.38mg (18.95%), Selenium:
11.46µg (16.37%), Potassium: 438.78mg (12.54%), Vitamin B1: 0.17mg (11.15%), Vitamin B6: 0.21mg (10.33%), Iron:
1.73mg (9.62%), Vitamin A: 452.53IU (9.05%), Zinc: 1.29mg (8.62%), Calcium: 84.65mg (8.46%), Vitamin B5: 0.73mg
(7.32%), Vitamin B2: 0.12mg (6.88%), Vitamin E: 0.26mg (1.73%)