



Warm Dressed Noodle Salad



Vegetarian



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



951 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large carrots cut into small batons
- ☐ 3 tbsp crunchy peanut butter
- ☐ 1 tsp ground ginger
- ☐ 1 tbsp honey
- ☐ 100 g freshly peas frozen podded (would do)
- ☐ 4 servings grinding of pepper black good
- ☐ 1 tablespoon rapeseed oil
- ☐ 0.5 large bell pepper red cut into strips

- ☐ 300 g rice noodles
- ☐ 6 spring onion (scallions)
- ☐ 100 g sugar snap peas sliced in half lengthwise
- ☐ 250 ml unrefined sunflower oil

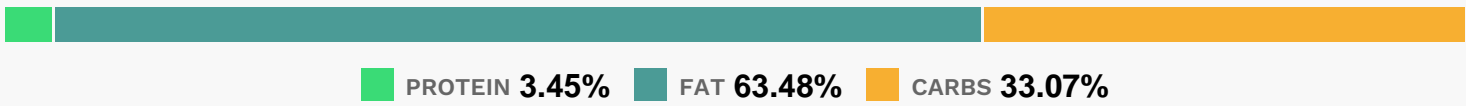
Equipment

- ☐ bowl
- ☐ whisk
- ☐ wok

Directions

- ☐ Soak the noodles in warm water for a few minutes to soften them, then drain and pop into a large bowl.
- ☐ Blanch the carrot batons for a few minutes, to take the bite out of them.
- ☐ Heat the rapeseed oil in a wok, then when it's really hot add the carrots, spring onions and sugar snap peas and cook for a couple of minutes before adding the peppers and fresh peas. Give it another couple of minutes then add to the bowl with the noodles and mix well.
- ☐ In another bowl whisk up all the dressing ingredients, then pour over the noodles and mix well before serving.
- ☐ Enjoy!Notes: If I had some, I would have added some sesame seeds to my noodle salad, but that is optional.

Nutrition Facts



Properties

Glycemic Index:74.36, Glycemic Load:39.85, Inflammation Score:-10, Nutrition Score:24.03347805272%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 950.65kcal (47.53%), Fat: 67.81g (104.33%), Saturated Fat: 7.03g (43.92%), Carbohydrates: 79.5g (26.5%), Net Carbohydrates: 73.76g (26.82%), Sugar: 9.89g (10.98%), Cholesterol: 0mg (0%), Sodium: 213.54mg (9.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.29g (16.58%), Vitamin E: 25.7mg (171.33%), Vitamin A: 4292.08IU (85.84%), Vitamin C: 55.72mg (67.53%), Vitamin K: 58.92µg (56.12%), Manganese: 1mg (49.87%), Fiber: 5.74g (22.95%), Phosphorus: 212.69mg (21.27%), Selenium: 13.38µg (19.11%), Folate: 64.59µg (16.15%), Vitamin B3: 3mg (15.02%), Magnesium: 51.91mg (12.98%), Vitamin B6: 0.24mg (12.18%), Iron: 2.17mg (12.06%), Vitamin B1: 0.17mg (11.54%), Copper: 0.22mg (11.18%), Potassium: 383.43mg (10.96%), Zinc: 1.46mg (9.74%), Vitamin B2: 0.12mg (7.31%), Calcium: 57.51mg (5.75%), Vitamin B5: 0.52mg (5.21%)