



Zesty veggie noodles



Vegetarian



Vegan



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



307 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 150 g vermicelli
- ☐ 6 tbsp soya sauce
- ☐ 5 tbsp orange juice finely grated
- ☐ 1 tsp sugar
- ☐ 0.5 tsp cornstarch
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 0.5 tbsp ginger fresh grated
- ☐ 2 garlic clove finely chopped

- ☐ 2 tbsp sherry dry
- ☐ 2 bell pepper red seeded sliced
- ☐ 2 carrots finely sliced
- ☐ 2 zucchini cut into fine strips
- ☐ 100 g snow peas sliced
- ☐ 220 g water chestnuts sliced canned
- ☐ 1 bunch spring onion shredded

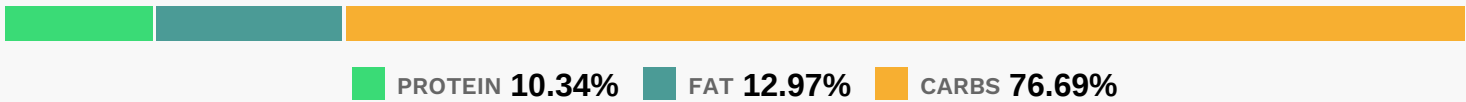
Equipment

- ☐ bowl
- ☐ wok

Directions

- ☐ Put the noodles in a large bowl, cover with boiling water for 4 minutes, then drain and quickly rinse with cold water.
- ☐ Meanwhile, mix the soy sauce, orange juice and zest with the sugar and cornflour and set aside.
- ☐ Heat the oil in a wok, add the ginger and garlic and fry for 1 minute.
- ☐ Add the sherry and the peppers and fry for a minute more. Tip in the rest of the vegetables, except the water chestnuts and spring onions, and fry for another 3 minutes.
- ☐ Stir in the water chestnuts and spring onions, keeping a few spring onions for a garnish.
- ☐ Add the sauce and noodles and stir fry until hot.
- ☐ Sprinkle with the remaining spring onions and serve straight from the wok.

Nutrition Facts



Properties

Glycemic Index:95.23, Glycemic Load:22.12, Inflammation Score:-10, Nutrition Score:23.465652134108%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.57mg, Hesperetin: 2.57mg, Hesperetin: 2.57mg, Hesperetin: 2.57mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 307.24kcal (15.36%), Fat: 4.47g (6.88%), Saturated Fat: 0.57g (3.54%), Carbohydrates: 59.5g (19.83%), Net Carbohydrates: 52.55g (19.11%), Sugar: 13.04g (14.49%), Cholesterol: 0mg (0%), Sodium: 1617.28mg (70.32%), Alcohol: 0.77g (100%), Alcohol %: 0.26% (100%), Protein: 8.02g (16.04%), Vitamin A: 7528.48IU (150.57%), Vitamin C: 123.87mg (150.14%), Manganese: 0.8mg (40.17%), Vitamin B6: 0.65mg (32.35%), Vitamin K: 30.26µg (28.82%), Fiber: 6.94g (27.78%), Folate: 88.55µg (22.14%), Potassium: 772.67mg (22.08%), Vitamin E: 3.27mg (21.79%), Phosphorus: 195.42mg (19.54%), Iron: 3.07mg (17.04%), Vitamin B2: 0.26mg (15.48%), Vitamin B3: 3.07mg (15.37%), Magnesium: 59.19mg (14.8%), Copper: 0.27mg (13.42%), Vitamin B1: 0.2mg (13.12%), Selenium: 7.24µg (10.35%), Vitamin B5: 0.96mg (9.6%), Zinc: 1.38mg (9.23%), Calcium: 66.31mg (6.63%)