



 **64%**
HEALTH SCORE

Zucchini “Noodles” with Sesame-Peanut Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



110 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 tablespoon apple cider vinegar
- 0.5 tablespoon coconut aminos gluten-free
- 0.5 teaspoon ginger fresh grated
- 1 cloves garlic minced pressed
- 1 tablespoon peanut butter
- 0.5 bell pepper shredded red julienned
- 0.5 teaspoon sesame oil toasted (see note in nutrition data below.)

- 0.5 teaspoon bell pepper red to taste
- 0.5 tablespoon water
- 16 ounces zucchini

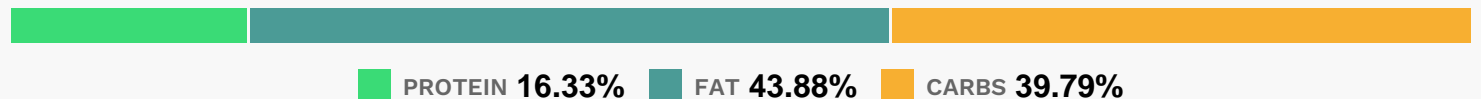
Equipment

- bowl
- whisk

Directions

- Place the zucchini noodles in the bowl along with the red bell pepper. In a small bowl, whisk the peanut butter with 1/2 tablespoon of water and all remaining ingredients. If the mixture is hard to combine, add up to another 1/2 tablespoon of water, but be careful not to make the sauce too runny.
- Remove the towels from under the zucchini noodles.
- Add the sauce and stir well to coat the noodles completely.
- Serve right away. (Leftovers can be refrigerated, but water from the zucchini may seep into the sauce, making it pool in the bottom of the bowl; stir well before serving.)

Nutrition Facts



Properties

Glycemic Index:89, Glycemic Load:1.47, Inflammation Score:-8, Nutrition Score:15.320869673853%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 110.38kcal (5.52%), Fat: 5.92g (9.1%), Saturated Fat: 1.16g (7.26%), Carbohydrates: 12.08g (4.03%), Net Carbohydrates: 8.73g (3.18%), Sugar: 7.85g (8.72%), Cholesterol: 0mg (0%), Sodium: 139.15mg (6.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.91%), Vitamin C: 80.75mg (97.87%), Manganese: 0.59mg (29.45%), Vitamin A: 1423.78IU (28.48%), Vitamin B6: 0.51mg (25.74%), Potassium: 713.26mg (20.38%), Folate: 75.66µg

(18.92%), Vitamin B2: 0.26mg (15.1%), Magnesium: 58.88mg (14.72%), Fiber: 3.34g (13.38%), Phosphorus: 124.12mg (12.41%), Vitamin B3: 2.4mg (12.02%), Vitamin K: 11.46µg (10.91%), Vitamin E: 1.51mg (10.05%), Vitamin B1: 0.13mg (8.86%), Copper: 0.17mg (8.28%), Zinc: 1.03mg (6.85%), Vitamin B5: 0.66mg (6.56%), Iron: 1.15mg (6.37%), Calcium: 45.55mg (4.55%), Selenium: 1.03µg (1.48%)