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## Bistro Sesame Noodles Box ✦

The Bistro Sesame Noodles Box is a delicious and satisfying meal that combines the flavors of sesame, soy sauce, and fresh vegetables. It is a popular dish in many Asian cuisines and is often enjoyed as a quick and easy lunch or dinner option. The noodles are cooked to perfection and tossed with a flavorful sauce made from sesame oil, soy sauce, garlic, and ginger. The dish is then topped with a variety of fresh vegetables, such as carrots, bell peppers, and green onions, for added crunch and color. Whether you're a fan of Asian cuisine or just looking for a tasty and nutritious meal, the Bistro Sesame Noodles Box is sure to satisfy your cravings.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

250 g	Noodles
2 tsp	sesame oil

<b>3 tbsp</b>	soy sauce
<b>2 cloves</b>	garlic
<b>1 tsp</b>	Ginger
<b>100 g</b>	Carrots
<b>100 g</b>	Bell peppers
<b>50 g</b>	Green Onions

## Directions

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### Step 1

#### Boiling

Cook the noodles according to package instructions. Drain and set aside.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

In a small bowl, whisk together the sesame oil, soy sauce, minced garlic, and grated ginger to make the sauce.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

## Mixing

In a large mixing bowl, combine the cooked noodles, sauce, sliced carrots, sliced bell peppers, and chopped green onions. Toss well to coat everything in the sauce.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 4

## Serving

Serve the Bistro Sesame Noodles Box immediately or refrigerate for later use. Enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

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**Calories:** 400 kcal

**Fat:** 10 g

**Protein:** 12 g

**Carbohydrates:** 60 g

## Nutrition Facts

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## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	60 g	109.09%	120%
Fibers	6 g	15.79%	24%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	50 iu	5.56%	7.14%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	15 mg	100%	100%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Cuisines

Italian

Chinese

Thai

### Course

Salads

## Cultural

Chinese New Year

## Diet

Zone Diet

Warrior Diet

Slow Carb Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Gluten-Free Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The 80/10/10 Diet

The Gerson Therapy

The Swiss Secret Diet

The Scarsdale Diet

The Cabbage Soup Diet

## Meal Type

Lunch

Supper

## Difficulty Level

Medium

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