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Peanut Noodles ··

Peanut noodles are a popular dish in Asian cuisine. They are typically made with a combination of noodles, peanut sauce, and various vegetables. The dish is known for its rich and creamy sauce, which is made from peanut butter, soy sauce, and other seasonings. Peanut noodles can be enjoyed as a main course or as a side dish.

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
100 g	Peanut Butter
50 ml	soy sauce
30 ml	sesame oil

2 cloves	garlic
1 tsp	Ginger
100 g	Red Bell Pepper
100 g	carrot
50 g	Green onion
20 g	Cilantro
30 g	Lime
30 g	crushed peanuts

Directions

Step 1

Boiling

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

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Sautéing

In a large pan, heat some oil over medium heat. Add the sliced bell pepper and shredded carrot. Cook for 5 minutes, or until the vegetables are tender-crisp.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Stir-frying

Add the cooked noodles and peanut sauce to the pan. Toss everything together until well combined and heated through.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Garnish with chopped green onions, cilantro, crushed peanuts, and a squeeze of lime juice.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 20 g

Protein: 12 g

Carbohydrates: 60 g

Nutrition Facts

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	8 g	21.05%	32%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1500 iu	166.67%	214.29%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	80 mg	8%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	3 mg	37.5%	16.67%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Italian Chinese Thai Japanese Mediterranean Greek American
Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free

Kitchen Tools

Slow Cooker

Course

Appetizers Salads Snacks Sauces & Dressings

Cultural

Chinese New Year

Easter

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

The F-Plan Diet

The Air Diet

The Werewolf Diet

The Ice Cream Diet

The Master Cleanse Diet

The Shangri-La Diet

The Best Life Diet

The Peanut Butter Diet

The Carnivore Diet

The Dukan Diet

The Optavia Diet

The Starch Solution Diet

The GOLO Diet

The Specific Carbohydrate Diet (SCD)

The Crohn's Disease Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The GERD Diet (Gastroesophageal Reflux Disease)

The PCOS (Polycystic Ovary Syndrome) Diet

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Histamine Intolerance Diet

The IBS (Irritable Bowel Syndrome) Diet

The Salicylate Sensitivity Diet

The Low Oxalate Diet

The Diabetes Diet

The Hypothyroidism Diet

The Hyperthyroidism Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures)

The Parkinson's Disease Diet

The Multiple Sclerosis (MS) Diet

The Fibromyalgia Diet

The Chronic Fatigue Syndrome Diet

The Arthritis Diet

The Osteoporosis Diet

The Heart-Healthy Diet

The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet

The Low Purine Diet

The High-Fiber Diet

The Low-Fat Diet

The High-Protein Diet

The Low-Protein Diet

The High-Calcium Diet

The High-Potassium Diet

The Low-Potassium Diet

The High-Iron Diet

The Low-Iron Diet

The Low-Phosphorus Diet

The High-Vitamin D Diet

The High-Vitamin C Diet

The High-Vitamin K Diet

The Low-Vitamin K Diet

The Low-Copper Diet

The Spring Detox Diet

The Summer Weight Loss Diet

The Fall Immunity-Boosting Diet The Winter Warming Diet The Low-Sulfur Diet
The High-Sulfur Diet The Eczema Diet The Psoriasis Diet The Rosacea Diet
The Acne Diet The Migraine Diet The Celiac Disease Diet
The Gallbladder Diet The Kidney Stone Diet The Anti-Anxiety Diet
The Depression Diet The Adrenal Fatigue Diet The Endometriosis Diet
The Hashimoto's Disease Diet The Lyme Disease Diet The Diverticulitis Diet
The Restless Leg Syndrome Diet The Tinnitus Diet The Interstitial Cystitis Diet
The Gastroparesis Diet The Menopause Diet The Post-Pregnancy Diet
The Fertility Diet The Breastfeeding Diet The Low-Nickel Diet
The Chronic Urticaria Diet The Dysphagia Diet
The Chronic Kidney Disease (CKD) Diet The Raynaud's Disease Diet
The Sjögren's Syndrome Diet The Low Tyramine Diet The Lactose-Free Diet
The Fructose Malabsorption Diet The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet
The Irritable Larynx Syndrome (ILS) Diet The Chronic Pancreatitis Diet
The Sarcoidosis Diet The Leaky Gut Syndrome Diet The Behçet's Disease Diet
The Graves' Disease Diet The Addison's Disease Diet
The Cushing's Syndrome Diet The Ankylosing Spondylitis Diet The Lupus Diet

The Myasthenia Gravis Diet
The POTS (Postural Orthostatic Tachycardia Syndrome) Diet
The Eosinophilic Esophagitis (EoE) Diet
The Chronic Obstructive Pulmonary Disease (COPD) Diet The Asthma Diet
The Sinusitis Diet The Bronchiectasis Diet The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet
The ADHD Diet (Attention Deficit Hyperactivity Disorder) The Autism Diet
The Bipolar Disorder Diet The Schizophrenia Diet
The Post-Traumatic Stress Disorder (PTSD) Diet Blood Type O Diet
Blood Type A Diet Blood Type B Diet Blood Type AB Diet

Cooking Method

Grilling Frying Baking Boiling Steaming Microwaving Blanching
Sautéing Roasting Smoking Curing Blending Grinding Freezing
Canning Drying Pickling Sous Vide Pasteurizing Fermenting Infusing
Pressing Jellying Carbonating Whipping Stirring Simmering Cutting
Cut Mixing Resting Plating Serving Cooking None Stir-frying
Mashing Preheating Sprinkling Heating Refrigerating Preparation
Cooling Oven Stove

Healthy For

Gastroesophageal reflux disease (GERD) Gastritis Peptic ulcer disease
Inflammatory bowel disease (IBD) Irritable bowel syndrome (IBS) Celiac disease
Diverticulitis Hemorrhoids Appendicitis Gallstones Pancreatitis
Liver disease Gastroparesis Gastroenteritis Hepatitis Colorectal cancer

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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