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Vegan Peanut Sauce Noodles ♦♦

This recipe is a delicious vegan version of the classic peanut sauce noodles. It features a creamy peanut sauce that is rich in flavor and pairs perfectly with the noodles. The dish is easy to prepare and can be enjoyed as a main course or as a side dish. It is a great option for those following a vegan or vegetarian diet.

Recipe Type: Vegan

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
60 ml	soy sauce
30 ml	rice vinegar
15 ml	maple syrup

2 cloves	garlic
1 tsp	Ginger
2 tsp	sesame oil
1 tsp	Red Pepper Flakes
30 g	Green Onions
20 g	Cilantro
30 g	chopped peanuts

Directions

Step 1

Boiling

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

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Mixing

In a small bowl, whisk together the peanut butter, soy sauce, rice vinegar, maple syrup, minced garlic, grated ginger, sesame oil, and red pepper flakes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

In a large skillet, heat the peanut sauce over medium heat. Add the cooked noodles and toss until well coated.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Garnish with sliced green onions, chopped cilantro, and chopped peanuts before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 18 g

Protein: 12 g

Carbohydrates: 38 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	38 g	69.09%	76%
Fibers	5 g	13.16%	20%
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	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	18 g	64.29%	72%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	0 iu	0%	0%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

Flexitarian Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Course

Salads

Snacks

Sauces & Dressings

Cultural

Cinco de Mayo

Oktoberfest

Ramadan

Demographics

Teen Friendly

Diabetic Friendly

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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