

# *Snapped Up:* Peanut Sauce Noodles



## Lunch or Dinner Serves 2

It's peanut sauce, what's not to love?

Get the sauce perfected and then no matter what type noodle you put it on, or vegetables you add, kids will love it.

Stir frying the veggies first adds a layer of yum to the dish, but you could just stir them into the sauce and cook it all at once saving some time.

The sliced spring green onions and crushed peanuts on the top add a bit of crunch to each bite.

*Good for one.  
Great for many.*

**TOTAL TIME** 30 minutes

## INGREDIENTS

4 oz of any kind of **noodle** (wheat, soba, rice...)

## SAUCE

1 Tablespoon grated **fresh ginger**

2 cloves minced **garlic** (1-1/2 teaspoons)

2 Tablespoons **peanut butter**

1 Tablespoon **maple syrup**

1-1/2 Tablespoon **soy sauce**

3 cups of chopped up **vegetables** (spring green onions, carrots, broccoli, onions, peppers... whatever you have available)

1 dash of crushed **red pepper flakes** (optional, kids may not like it hot)

## Salt

1 thinly sliced **green onion** and **crushed peanuts** to top it off before serving

## TOOLS USED:

Medium sized pot

Colander

Saucepan

tongs

## DIRECTIONS:

1. Boil the noodles and drain well.
2. Grate the ginger, mince the garlic, chop the vegetables, slice the green onion.
3. Stir fry the vegetables until slightly browned, set aside.
4. Mix peanut butter, maple syrup, soy sauce, garlic, ginger with ½ cup of water in a sauce pan and heat until the sauce thickens. (about 5 minutes)
5. Combine sauce with vegetables, red pepper flakes, and salt.
6. Use tongs and toss the noodles with the peanut sauced vegetables.
7. Serve with sliced green onions and crushed peanuts on top.

# 1 Serving of Peanut Sauce Noodles

General			
Energy	301.0	kcal	41%
Alcohol	0.0	g	No Target
Caffeine	0.0	mg	No Target
Water	245.6	g	9%

  

Carbohydrates			
Carbs	46.8	g	57%
Fiber	8.2	g	39%
Starch	18.6	g	No Target
Sugars	15.2	g	No Target
Sugar Alcohol	0.3	g	No Target
Net Carbs	38.2	g	63%

  

Lipids			
Fat	9.3	g	34%
Monounsaturated	4.3	g	No Target
Polysaturated	2.0	g	No Target
Omega-3	0.1	g	5%
Omega-6	1.9	g	17%
Saturated	1.5	g	n/a
Trans-Fats	0.0	g	0.004 g
Cholesterol	0.0	mg	No Target
Phytosterol	0.0	mg	No Target

  

Protein			
Protein	10.9	g	18%
Cystine	0.2	g	33%
Histidine	0.3	g	27%
Isoleucine	0.4	g	32%
Leucine	0.7	g	25%
Lysine	0.4	g	16%
Methionine	0.1	g	20%
Phenylalanine	0.5	g	47%
Threonine	0.5	g	36%
Tryptophan	0.1	g	37%
Tyrosine	0.3	g	27%
Valine	0.5	g	29%

  

Vitamins			
B1 (Thiamine)	0.3	mg	29%
B2 (Riboflavin)	0.4	mg	39%
B3 (Niacin)	5.3	mg	38%
B5 (Pantothenic Acid)	1.1	mg	21%
B6 (Pyridoxine)	0.6	mg	40%
B12 (Cobalamin)	0.0	µg	0%
Biotin	0.0	µg	0%
Folate	192.7	µg	48%
Vitamin A	16504.8	IU	707%
Vitamin C	134.2	mg	179%
Vitamin D	0.0	IU	0%
Vitamin E	3.7	mg	25%
Beta Tocopherol	0.1	mg	No Target
Delta Tocopherol	0.1	mg	No Target
Gamma Tocopherol	1.6	mg	No Target
Vitamin K	97.3	µg	108%

  

Minerals			
Calcium	89.4	mg	11%
Copper	0.2	mg	27%
Fluoride	0.0	µg	0%
Iodine	0.0	µg	0%
Iron	2.2	mg	27%
Magnesium	82.1	mg	26%
Manganese	1.2	mg	68%
Molybdenum	0.0	µg	0%
Phosphorus	194.4	mg	28%
Potassium	802.3	mg	17%
Selenium	18.0	µg	33%
Sodium	520.4	mg	40%
Zinc	1.6	mg	20%

Chart taken from **Cronometer.com**

Since you can't check the label on the side of a plant, Cronometer makes it easy to see what comes packaged inside any whole food and in any quantity.

Percentages are based on what a 150 pound person needs daily.