



A Nutrition Resource



NOODLES IN CREAMY PEANUT SAUCE

Yield: 4 Servings | Serving Size: 3/4 cup
Cost/Serving: \$0.82

Ingredients:

- 8 - 10 ounces dry whole wheat spaghetti noodles
- 1/2 cup peanut butter
- 1/2 cup chicken broth
- 1/8 cup low-sodium soy sauce
- 1 Tablespoon chopped garlic or 1/4 teaspoon garlic powder
- 1 Tablespoon chopped ginger root or 1/2 tablespoon ginger spice
- 2 Tablespoons sugar
- 1 Tablespoon red wine or apple vinegar
- Optional toppings: chopped scallions, crushed peanuts

Directions:

- 1) Cook spaghetti noodles according to package directions. Drain in a colander or strainer and rinse noodles under cold water. Drain again.
- 2) In a saucepan, mix all the ingredients except the noodles and cook over low heat. Stir until smooth.
- 3) Transfer noodles to a bowl and pour the peanut sauce over the noodles. Toss lightly until just mixed. This dish can be served hot or cold. Add optional toppings before serving.

Nutrition Facts

4 servings per container
Serving size 3/4 cup (241g)

Amount per serving
Calories 440

% Daily Value*

Total Fat 15g 19%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 500mg 22%

Total Carbohydrate 65g 24%

Dietary Fiber 8g 29%

Total Sugars 9g

Includes 5g Added Sugars 10%

Protein 20g

Vitamin D 0mcg 0%

Calcium 37mg 2%

Iron 3mg 15%

Potassium 404mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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