

Asian Noodle Salad with Toasted Sesame Dressing

Yield: 6 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-noodle-salad-dressing-recipe>

Ingredients:

- 1 pound noodles spaghetti, package of dried spaghetti noodles
- 8 ounces cherry tomatoes fresh, sliced in halves
- 3 ounces snow peas sliced
- 4 ounces fresh asparagus chopped
- 2 carrots
- 1/2 cup peanuts chopped
- 1/2 cup green onions chopped
- 2/3 cup red cabbage thinly sliced
- 1 tablespoon black sesame seeds
- 2/3 cup soy sauce
- 1/2 cup toasted sesame oil
- 1/4 teaspoon cayenne pepper to taste

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 65 grams
3. Cholesterol: 65 milligrams
4. Fat: 28 grams
5. Fiber: 6 grams
6. Protein: 17 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1640 milligrams
9. Sugar: 6 grams

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