

# Cold Chinese Sesame Noodles

Yield: 8 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/cold-chinese-recipe>

## Ingredients:

- 1 pound dried udon noodles
- 1/4 cup sesame oil
- 1/4 cup black soy sauce
- 1 1/2 tablespoons chinese black vinegar or balsamic vinegar
- 1 1/2 tablespoons organic sugar
- 1 tablespoon oil hot pepper, optional
- 1/4 cup scallions finely sliced
- red bell pepper Julienned
- cucumber Julienned
- snow peas trimmed, cut into thin slivers

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 39 grams
3. Fat: 18 grams
4. Fiber: 1 grams
5. Protein: 6 grams
6. SaturatedFat: 6 grams
7. Sodium: 1600 milligrams
8. Sugar: 4 grams

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