

# Glass Noodle Salad

Yield: 5 min  
Total Time: 16 min

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

## Ingredients:

- 1 cucumber
- 3 sprigs spring onion
- 1 3/8 cups glass noodles
- 1 capsicum medium green, bell pepper, sliced
- 1 carrot julienned
- 5 green chillies finely chopped
- 1 teaspoon ginger grated
- salt to taste
- 1 tablespoon lemon or to taste
- 2 teaspoons honey
- 1 lemon grass stem, finely chopped
- 3 fresh mint leaves
- 3 fresh coriander /cilantro leaves

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 46 grams
3. Fiber: 3 grams
4. Protein: 2 grams
5. Sodium: 180 milligrams
6. Sugar: 7 grams

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