

# Cold Peanut-Sesame “Noodles” (Grain-free, Gluten-free)

Yield: 4 min  
Total Time: 25 min

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

## Ingredients:

- 4 zucchini
- 4 cups Zoodles
- 1 large carrot
- 1/2 cup noodles
- 1 daikon radish
- 1/2 cup noodles
- 1/2 cup sprouts I used kale sprouts, but broccoli or other green sprouts would work too
- 1/4 cup scallions chopped
- 1 cup cooked chicken pulled into bite-sized pieces, rotisserie chicken works nicely
- 2 tablespoons toasted sesame oil
- 3 tablespoons tamari gluten-free soy sauce
- 2 tablespoons lime juice
- 2 tablespoons peanut butter
- 1 tablespoon honey or maple syrup
- 1 tablespoon fresh ginger grated
- 1 clove garlic pressed or minced
- 1 sriracha or more teaspoons, to taste
- chopped cilantro
- mint leaves Chopped
- peanuts Chopped
- black sesame seeds

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 40 milligrams
4. Fat: 23 grams

5. Fiber: 7 grams
  6. Protein: 21 grams
  7. SaturatedFat: 4.5 grams
  8. Sodium: 870 milligrams
  9. Sugar: 17 grams
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