

Thai Peanut Ramen Noodle Soup

Ingredients

Serves 4

- 2 packages Ramen noodles
- 1 1/2 tablespoons vegetable oil
- 1 can mixed vegetables
- 1/4 cup teriyaki or soy sauce
- 2 tablespoons hot water
- 3 tablespoons chunky peanut butter
- 1/4 teaspoon sriracha or any hot sauce
- Ginger, garlic powder, onion powder if desired
- Lime wedge on side if desired



Directions

- 1 In a medium saucepan, bring water to a boil and cook Ramen noodles according to package directions, reserving flavor packets. Drain noodles and set aside.
- 2 Meanwhile, in a large skillet over medium-high heat, add oil, canned vegetables and reserved flavor packets and cook until warm and cooked through, about 3 minutes. Remove from heat and add noodles to skillet.
- 3 Whisk together teriyaki or soy sauce, hot water, peanut butter and sriracha; toss with noodles and vegetable mixture. Sprinkle each serving with green onion and lime, if desired. Enjoy 😊

Thai Peanut Ramen Noodle Soup

VS

Regular Ramen Noodle Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 323	
% Daily Value *	
Total Fat 13 g	19 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 553 mg	23 %
Potassium 31 mg	1 %
Total Carbohydrate 42 g	14 %
Dietary Fiber 3 g	14 %
Sugars 13 g	
Protein 10 g	19 %
Vitamin A	11 %
Vitamin C	4 %
Calcium	1 %
Iron	5 %

Thai Peanut Ramen has:

Less Calories

Less Total Fat

Less Saturated Fat

Less Sodium

More Potassium

More Fiber

More Protein

More Vit A & C

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 380	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 7 g	35 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1660 mg	69 %
Potassium 0 mg	0 %
Total Carbohydrate 52 g	17 %
Dietary Fiber 2 g	8 %
Sugars 2 g	
Protein 8 g	16 %
Vitamin A	4 %
Vitamin C	0 %
Calcium	2 %
Iron	20 %