



Asian Noodle, Mushroom, and Cabbage Salad



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



370 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 large shiitake mushrooms dried
- ☐ 1 pound extra wide egg noodles dried fresh chinese thin
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 tablespoon garlic minced
- ☐ 14 spring onion halved lengthwise chopped
- ☐ 3 hardboiled eggs thinly sliced chopped for garnish
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 3 cups napa cabbage thinly sliced
- ☐ 0.3 cup sesame oil
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 3 tablespoons soya sauce
- ☐ 2 teaspoons sugar
- ☐ 1 tablespoon rice vinegar

Equipment

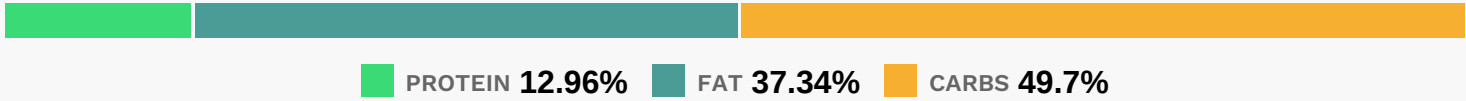
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ wok

Directions

- ☐ Place mushrooms in medium bowl; add enough boiling water to cover.
- ☐ Let stand until mushrooms soften, about 45 minutes.
- ☐ Drain mushrooms.
- ☐ Cut off stems and discard; thinly slice caps.
- ☐ Heat peanut oil in heavy large wok or nonstick skillet over medium-high heat.
- ☐ Add cabbage, ginger, garlic, and mushrooms. Stir-fry until cabbage wilts, about 2 minutes.
- ☐ Add 2-inch green onion pieces; toss until green tops begin to wilt, about 30 seconds.
- ☐ Remove from heat.
- ☐ Mix in 1 tablespoon soy sauce.
- ☐ Cook noodles in large pot of boiling salted water until just tender but still firm to bite.
- ☐ Drain well; place in large bowl.
- ☐ Whisk sesame oil, next 3 ingredients, and 2 tablespoons soy sauce in small bowl.
- ☐ Add to noodles.

- ☐ Add sliced eggs, 3/4 cup cilantro, and cabbage mixture; toss to blend well. Season with salt and pepper. (Can be made 1 day ahead. Cover and chill, tossing occasionally.)
- ☐ Sprinkle salad with 2 chopped green onions, chopped egg, and remaining 1/4 cup cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:40.01, Glycemic Load:18.33, Inflammation Score:-6, Nutrition Score:16.733913131382%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 370.01kcal (18.5%), Fat: 15.49g (23.84%), Saturated Fat: 2.89g (18.09%), Carbohydrates: 46.4g (15.47%), Net Carbohydrates: 43.31g (15.75%), Sugar: 3.45g (3.83%), Cholesterol: 117.56mg (39.19%), Sodium: 419.62mg (18.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.1g (24.2%), Selenium: 51.68µg (73.83%), Vitamin K: 63.5µg (60.48%), Manganese: 0.66mg (32.88%), Phosphorus: 201.28mg (20.13%), Vitamin C: 14.04mg (17.02%), Folate: 66.42µg (16.61%), Copper: 0.3mg (14.77%), Vitamin B6: 0.27mg (13.53%), Vitamin B2: 0.21mg (12.53%), Fiber: 3.09g (12.37%), Magnesium: 48.74mg (12.18%), Vitamin B5: 1.2mg (12.03%), Vitamin A: 567.93IU (11.36%), Iron: 1.95mg (10.82%), Zinc: 1.6mg (10.69%), Potassium: 347.06mg (9.92%), Vitamin B3: 1.94mg (9.72%), Vitamin B1: 0.14mg (9.64%), Calcium: 71.44mg (7.14%), Vitamin E: 1.01mg (6.75%), Vitamin B12: 0.37µg (6.21%), Vitamin D: 0.64µg (4.27%)