



Asian Noodles

 Dairy Free

READY IN



8 min.

SERVINGS



4

CALORIES



149 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

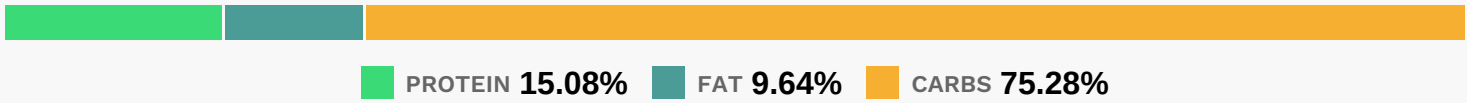
- ☐ 0.5 cup green onions thinly sliced
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 5 ounce japanese curly noodles
- ☐ 1 teaspoon sesame oil

Equipment

Directions

- ☐
- Cook 1 (5-ounce) package Japanese curly noodles according to package directions; drainwell.
- ☐
- Combine noodles, 2 tablespoons low-sodium soy sauce, 1 teaspoon sesame oil, and 1/2 cup thinly sliced green onions.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:10.83, Inflammation Score:-3, Nutrition Score:6.2186956198319%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 148.87kcal (7.44%), Fat: 1.58g (2.44%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 27.83g (9.28%), Net Carbohydrates: 26.31g (9.57%), Sugar: 1.28g (1.42%), Cholesterol: 0mg (0%), Sodium: 292.13mg (12.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.15%), Selenium: 22.51µg (32.16%), Vitamin K: 26.05µg (24.81%), Manganese: 0.38mg (18.94%), Phosphorus: 84.88mg (8.49%), Magnesium: 26.8mg (6.7%), Fiber: 1.51g (6.06%), Copper: 0.12mg (5.84%), Folate: 17.9µg (4.47%), Iron: 0.75mg (4.19%), Zinc: 0.61mg (4.08%), Potassium: 141.68mg (4.05%), Vitamin B3: 0.76mg (3.8%), Vitamin B6: 0.07mg (3.54%), Vitamin B2: 0.05mg (2.97%), Vitamin C: 2.35mg (2.85%), Vitamin B1: 0.04mg (2.8%), Vitamin A: 124.63IU (2.49%), Vitamin B5: 0.19mg (1.88%), Calcium: 18.84mg (1.88%), Vitamin E: 0.15mg (1.03%)