



## Asian Noodles in Broth with Vegetables and Tofu

 Vegetarian  Vegan  Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



487 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup carrot matchsticks
- 0.5 cup daikon matchsticks red thinly sliced
- 1 tablespoon ginger fresh finely grated peeled
- 4 servings hot sauce for serving, optional
- 0.3 cup mirin
- 1 cup mushrooms thinly sliced
- 3 tablespoons rice vinegar

- 1 romaine lettuce heart shredded
- 2 scallions white thinly sliced
- 4 servings sesame oil toasted for serving, optional
- 1 cup snow peas halved
- 8 ounce soba noodles
- 0.5 cup soya sauce brewed
- 16 ounces spicy tofu cubed soft
- 3 cups water

## Equipment

- bowl
- frying pan
- sauce pan
- ladle
- pot

## Directions

- Watch how to make this recipe.
- Bring a large pot of water to boil over high heat.
- Add the noodles and cook until al dente, about 8 minutes.
- Drain and divide them among 4 large soup bowls.
- In a medium saucepan over medium heat, combine 3 cups water with the soy sauce, mirin, vinegar, and ginger and bring it to a simmer.
- Add the snow peas, mushrooms, and tofu to the pan. Simmer until the snow peas are crisp-tender and the tofu is heated through, about 3 to 5 minutes.
- Divide the lettuce, radishes, carrots, and scallions among the bowls. Ladle the hot soup over the noodles and vegetables.
- Drizzle each serving with a few drops of sesame oil and hot sauce, if desired.
- Serve immediately.

# Nutrition Facts

PROTEIN 18.15% FAT 34.6% CARBS 47.25%

## Properties

Glycemic Index:72.58, Glycemic Load:23.61, Inflammation Score:-10, Nutrition Score:18.720000058413%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

## Nutrients (% of daily need)

Calories: 487.25kcal (24.36%), Fat: 19.65g (30.23%), Saturated Fat: 2.67g (16.72%), Carbohydrates: 60.38g (20.13%), Net Carbohydrates: 57.34g (20.85%), Sugar: 8.3g (9.22%), Cholesterol: 0mg (0%), Sodium: 2253.75mg (97.99%), Alcohol: 1.97g (100%), Alcohol %: 0.48% (100%), Protein: 23.19g (46.37%), Vitamin A: 3608.96IU (72.18%), Manganese: 1.01mg (50.36%), Vitamin K: 29.78µg (28.37%), Vitamin C: 20.91mg (25.34%), Iron: 4.49mg (24.94%), Vitamin B1: 0.37mg (24.52%), Phosphorus: 229.68mg (22.97%), Vitamin B3: 4.23mg (21.16%), Magnesium: 82.58mg (20.64%), Calcium: 200.8mg (20.08%), Folate: 74.27µg (18.57%), Copper: 0.33mg (16.53%), Vitamin B2: 0.26mg (15.07%), Vitamin B6: 0.3mg (14.94%), Potassium: 455.29mg (13.01%), Vitamin B5: 1.27mg (12.75%), Fiber: 3.03g (12.14%), Zinc: 1.41mg (9.4%), Selenium: 2.89µg (4.13%), Vitamin E: 0.45mg (2.98%)