



Asian Primavera with Udon Noodles



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 8 cups baby bok choy leaves thinly sliced
- ☐ 1 cup button mushrooms sliced
- ☐ 1.5 tablespoons sesame oil dark
- ☐ 2 ounces porcini mushrooms dried
- ☐ 4 ounces extra-firm tofu cubed
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 2 tablespoons ginger fresh minced peeled

- ☐ 2 garlic cloves minced
- ☐ 0.3 cup lemon grass fresh peeled chopped
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 cup shiitake mushroom caps sliced
- ☐ 8 ounces udon noodles fresh thick uncooked (, round Japanese wheat noodles)
- ☐ 4 cups water hot
- ☐ 2 cups julienne-cut zucchini (1-inch)

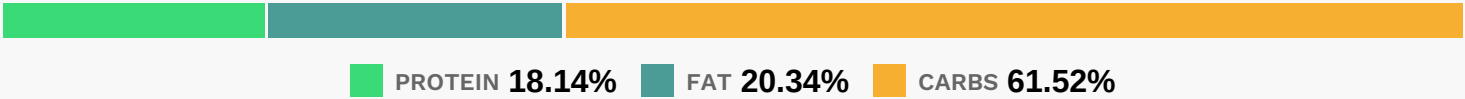
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ sieve
- ☐ wok

Directions

- ☐ Combine hot water and dried mushrooms, and let stand 20 minutes.
- ☐ Drain the mushrooms through a sieve over a bowl, and reserve the soaking liquid and mushrooms.
- ☐ Cook noodles in boiling water 3 minutes, omitting salt and fat, and drain. Return noodles to pot.
- ☐ Add reserved soaking liquid, soy sauce, and pepper; bring to a boil, and cook 8 minutes or until the soaking liquid is absorbed. Stir in the reserved porcini mushrooms.
- ☐ Heat sesame oil in a wok or large nonstick skillet.
- ☐ Add tofu, lemon grass, ginger, and garlic, and stir-fry 30 seconds.
- ☐ Add zucchini, button mushrooms, and shiitake mushrooms, and stir-fry 2 minutes.
- ☐ Add bok choy, and stir-fry 3 minutes or until wilted.
- ☐ Divide noodle mixture evenly among 4 shallow bowls, and top with zucchini mixture.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:65.08, Glycemic Load:21.55, Inflammation Score:-10, Nutrition Score:32.40173910623%

Flavonoids

Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 6.07mg, Kaempferol: 6.07mg, Kaempferol: 6.07mg, Kaempferol: 6.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 375.62kcal (18.78%), Fat: 9.1g (14%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 61.92g (20.64%), Net Carbohydrates: 53.02g (19.28%), Sugar: 10.7g (11.89%), Cholesterol: 0mg (0%), Sodium: 1086.91mg (47.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.25g (36.5%), Vitamin A: 6448.43IU (128.97%), Vitamin C: 76.12mg (92.27%), Vitamin K: 70.62µg (67.26%), Copper: 1.02mg (51.09%), Manganese: 0.96mg (48.11%), Vitamin B5: 4.61mg (46.11%), Folate: 149.56µg (37.39%), Vitamin B6: 0.74mg (37.13%), Fiber: 8.9g (35.59%), Vitamin B2: 0.59mg (34.42%), Vitamin B3: 6.22mg (31.12%), Potassium: 1067.65mg (30.5%), Phosphorus: 222.82mg (22.28%), Calcium: 213.04mg (21.3%), Magnesium: 82.9mg (20.72%), Selenium: 13.14µg (18.77%), Zinc: 2.47mg (16.5%), Iron: 2.82mg (15.69%), Vitamin B1: 0.17mg (11.01%), Vitamin D: 0.83µg (5.51%), Vitamin E: 0.35mg (2.31%)