

Asian Vegetable Soup with Noodles



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



273 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 pound bok choy shredded halved lengthwise
- ☐ 4 slices carrots
- ☐ 3.5 cups chicken broth low-sodium homemade canned
- ☐ 1 tablespoon cooking oil
- ☐ 2 teaspoons ginger fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 2 tablespoons juice of lemon
- ☐ 1 lemon zest grated

- ☐ 3 cups napa cabbage shredded chinese
- ☐ 0.3 teaspoon red-pepper flakes dried
- ☐ 0.3 pound vermicelli
- ☐ 0.8 teaspoon salt
- ☐ 6 scallions including tops green chopped
- ☐ 1.5 teaspoons asian sesame oil
- ☐ 0.3 cup soya sauce
- ☐ 3.5 cups water

Equipment

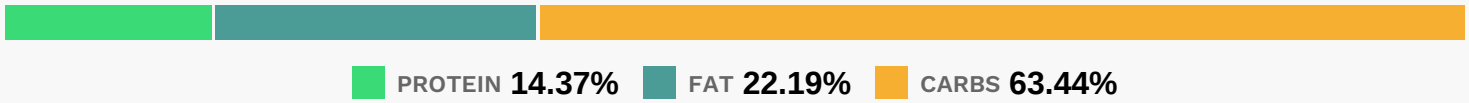
- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ pot

Directions

- ☐ In a large saucepan, heat the cooking oil over moderately low heat.
- ☐ Add the scallions, garlic, and ginger and cook, stirring occasionally, until fragrant, about 1 minute.
- ☐ Add the soy sauce, red-pepper flakes, water, and broth and bring to a boil.
- ☐ Add the carrots to the broth and simmer for 5 minutes. Stir in the cabbage and salt and simmer for 5 minutes longer.
- ☐ Add the bok choy and lemon zest and simmer until the bok choy starts to soften, about 5 minutes. Stir in the lemon juice.
- ☐ Meanwhile, in a large pot of boiling salted water, cook the vermicelli until just done, about 9 minutes.
- ☐ Drain. Return the noodles to the pot and toss with the sesame oil. Put some noodles in each of four bowls and ladle the soup over the noodles.

Wine Recommendation: German wines are huge sellers in Japan; their exciting juxtaposition of tangy acidity, vibrant aromatic fruitiness, and balancing sweetness is ideal for Asian cuisine. Look for a Mosel kabinett for a match made in heaven.

Nutrition Facts



Properties

Glycemic Index:57.21, Glycemic Load:18.35, Inflammation Score:-10, Nutrition Score:26.96521746594%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 4.28mg, Kaempferol: 4.28mg, Kaempferol: 4.28mg, Kaempferol: 4.28mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 273.07kcal (13.65%), Fat: 7.09g (10.9%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 45.58g (15.19%), Net Carbohydrates: 39.28g (14.28%), Sugar: 8.83g (9.81%), Cholesterol: 0mg (0%), Sodium: 1520.22mg (66.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.33g (20.65%), Vitamin A: 24580.54IU (491.61%), Vitamin K: 119.4µg (113.71%), Vitamin C: 70.07mg (84.93%), Manganese: 0.72mg (35.85%), Folate: 141.25µg (35.31%), Potassium: 1035.73mg (29.59%), Vitamin B6: 0.58mg (28.9%), Vitamin B3: 5.47mg (27.34%), Fiber: 6.3g (25.18%), Phosphorus: 227.62mg (22.76%), Calcium: 217.62mg (21.76%), Vitamin B2: 0.27mg (15.83%), Copper: 0.3mg (15.19%), Magnesium: 57.2mg (14.3%), Iron: 2.57mg (14.26%), Vitamin E: 1.75mg (11.67%), Vitamin B1: 0.17mg (11.59%), Selenium: 5.87µg (8.39%), Zinc: 1.21mg (8.05%), Vitamin B5: 0.59mg (5.86%), Vitamin B12: 0.21µg (3.44%)