



Black bean soba noodles with mushrooms & cabbage

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



422 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 garlic clove finely sliced
- ☐ 1 piece ginger fresh cut into matchsticks
- ☐ 250 g pack chestnut mushroom quartered
- ☐ 0.5 savoy cabbage shredded
- ☐ 300 g soup noodles
- ☐ 195 g black bean garlic sauce

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4 spring onion sliced

Equipment

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frying pan

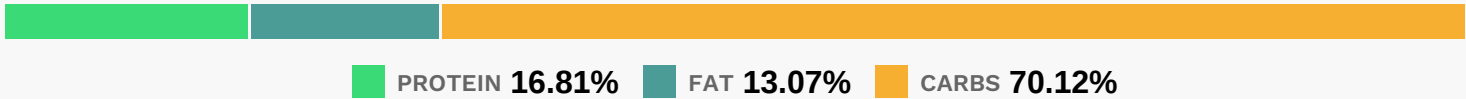
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wok

Directions

- ☐ Heat oil in a wok or large frying pan and add the garlic and ginger. Gently cook for 2 mins until softened.
- ☐ Add mushrooms and cook over a medium heat for 4–5 mins until golden.
- ☐ Add the cabbage and stir-fry for 1 min more.
- ☐ Cook noodles according to pack instructions. Stir the black bean sauce into the cabbage and stir-fry for 1 min. Stir in 100ml water, then cover and simmer for 5 mins until the cabbage is tender. Stir in spring onions.
- ☐ Drain noodles, toss with the cabbage serve.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:23.89, Inflammation Score:-8, Nutrition Score:27.143478348203%

Flavonoids

Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 422.35kcal (21.12%), Fat: 6.24g (9.6%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 75.35g (25.12%), Net Carbohydrates: 65.94g (23.98%), Sugar: 11.52g (12.8%), Cholesterol: 0mg (0%), Sodium: 43.49mg (1.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.07g (36.14%), Vitamin K: 102.52µg (97.64%), Selenium: 64.85µg (92.65%), Manganese: 1.01mg (50.74%), Vitamin C: 37.45mg (45.4%), Fiber: 9.41g (37.64%), Folate: 127.02µg (31.75%), Copper: 0.62mg (30.76%), Phosphorus: 270.18mg (27.02%), Vitamin A: 1244.71IU (24.89%), Vitamin B2:

0.4mg (23.3%), Potassium: 749.39mg (21.41%), Vitamin B6: 0.41mg (20.42%), Vitamin B3: 4.07mg (20.34%),
Magnesium: 80.21mg (20.05%), Iron: 2.88mg (16%), Vitamin B5: 1.49mg (14.88%), Vitamin B1: 0.21mg (14.28%), Zinc:
2.11mg (14.07%), Vitamin E: 1.79mg (11.93%), Calcium: 76.65mg (7.67%), Vitamin B12: 0.06µg (1.04%)