



## Buckwheat Noodle Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



182 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 0.3 cup canola oil
- ☐ 1 carrots grated peeled
- ☐ 2 teaspoons chili sauce recommended: Sriracha
- ☐ 0.3 cucumber english grated peeled
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons ginger fresh finely grated peeled
- ☐ 3 green onions thinly sliced
- ☐ 1 tablespoon honey

- ☐ 12 ounces buckwheat noodles cold rinsed cooked drained
- ☐ 1 bell pepper red julienned seeded
- ☐ 0.3 cup rice vinegar
- ☐ 2 teaspoons sesame oil toasted
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons tamari sauce

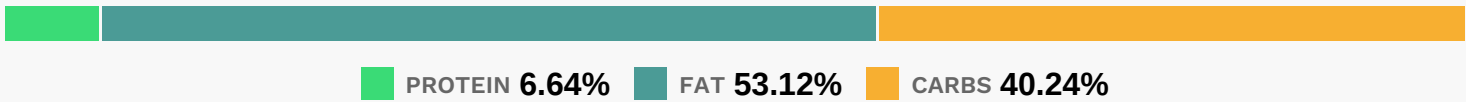
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Whisk together the vinegar, sugar, ginger, honey, tamari, sesame oil, and chili sauce in a large bowl until combined. Slowly whisk in the canola oil until the dressing is emulsified.
- ☐ Add the noodles, carrot, pepper, cucumber, green onions and cilantro. Gently mix to combine and serve.

Nutrition Facts



Properties

Glycemic Index:57.53, Glycemic Load:2.73, Inflammation Score:-9, Nutrition Score:9.5991305320159%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 181.85kcal (9.09%), Fat: 11.16g (17.17%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 16.41g (5.97%), Sugar: 6.09g (6.76%), Cholesterol: 0mg (0%), Sodium: 369.75mg (16.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Vitamin A: 2448.69IU (48.97%), Vitamin C: 28.05mg

(33.99%), Vitamin K: 26.85µg (25.57%), Manganese: 0.33mg (16.58%), Vitamin E: 2.17mg (14.5%), Fiber: 2.61g (10.44%), Magnesium: 39.29mg (9.82%), Vitamin B6: 0.14mg (7.21%), Folate: 25.68µg (6.42%), Phosphorus: 63.97mg (6.4%), Copper: 0.12mg (5.99%), Vitamin B3: 1.16mg (5.82%), Potassium: 193.3mg (5.52%), Iron: 0.89mg (4.96%), Vitamin B2: 0.07mg (3.97%), Vitamin B5: 0.36mg (3.65%), Vitamin B1: 0.05mg (3.52%), Zinc: 0.52mg (3.45%), Selenium: 1.52µg (2.18%), Calcium: 18.24mg (1.82%)