



## Chilled Peanut Soba Noodles

 Vegetarian  Vegan  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



293 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 teaspoons chili sauce (recommended: Sriracha)
- 0.3 cup crunchy peanut butter
- 4 servings kosher salt
- 0.3 cup seasoned rice vinegar
- 8 ounces soba noodles (buckwheat)
- 1 tablespoon soya sauce

### Equipment

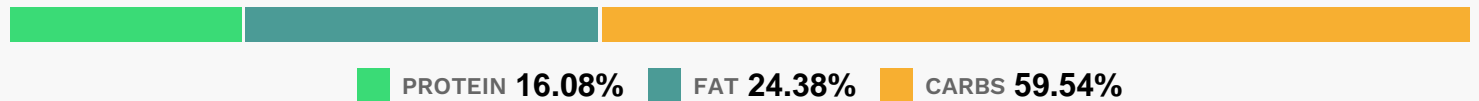
- bowl

- whisk
- pot
- tongs

## Directions

- Bring a large pot of water to a boil; overt high heat.
- Add a generous amount of salt and stir in the noodles. Cook according to package instructions; drain and rinse well under cold running water.
- Meanwhile, whisk the peanut butter, vinegar, soy sauce and chili sauce in a large bowl until smooth.
- Add the drained noodles, and with tongs, toss until coated with the dressing.
- Serve immediately or chill in the refrigerator for at least 2 hours.
- Note: If chilling noodles, toss with 1 to 2 tablespoons water to loosen them before serving.

## Nutrition Facts



## Properties

Glycemic Index:29.38, Glycemic Load:22.25, Inflammation Score:-4, Nutrition Score:9.9973913178496%

## Nutrients (% of daily need)

Calories: 293.35kcal (14.67%), Fat: 8.47g (13.03%), Saturated Fat: 1.31g (8.16%), Carbohydrates: 46.54g (15.51%), Net Carbohydrates: 45.15g (16.42%), Sugar: 1.77g (1.97%), Cholesterol: 0mg (0%), Sodium: 1006.4mg (43.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.57g (25.14%), Manganese: 1.05mg (52.7%), Vitamin B3: 4.25mg (21.23%), Magnesium: 81.93mg (20.48%), Phosphorus: 203.24mg (20.32%), Vitamin B1: 0.29mg (19.61%), Folate: 49.89µg (12.47%), Copper: 0.23mg (11.7%), Iron: 1.97mg (10.95%), Vitamin B6: 0.22mg (10.82%), Zinc: 1.44mg (9.63%), Potassium: 282.16mg (8.06%), Vitamin B5: 0.74mg (7.38%), Vitamin E: 1.06mg (7.09%), Vitamin B2: 0.1mg (5.89%), Fiber: 1.39g (5.54%), Calcium: 29.58mg (2.96%), Selenium: 1.47µg (2.09%)