



## Chilled Soba Sesame Noodle Salad



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



338 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 1 Teaspoon brown sugar
- ☐ 1 carrots
- ☐ 2 Tablespoons chives chopped
- ☐ 0.5 Inch ginger root fresh
- ☐ 1 garlic clove
- ☐ 0.5 Teaspoon pepper flakes red
- ☐ 7 Ounces soba noodles gluten-free 100% for (use buckwheat soba, bean, corn, or rice noodles )
- ☐ 1 Tablespoon rice vinegar

- ☐ 2 Tablespoons sesame seed toasted
- ☐ 3 Tablespoons soya sauce gluten-free for (use wheat-free tamari )
- ☐ 0.3 cup tahini
- ☐ 0.3 cup water
- ☐ 1 zucchini

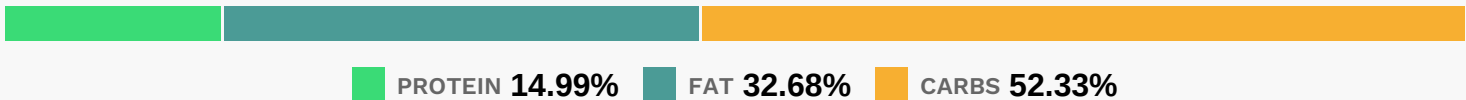
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap

## Directions

- ☐ Cook the noodles as you normally would, drain, and rinse with cold water. Set aside.In a large bowl, whisk together the tahini, soy sauce, vinegar, and water. Finely mince the garlic and ginger before stirring them in as well, along with the sugar and pepper.Dump the noodles into the bowl and toss them so that they're all thoroughly coated with sauce.Peel your carrot and julienne it, along with the zucchini, before tossing them into the bowl and mixing again.Cover with plastic wrap and throw the whole thing into your refrigerator until you're ready to serve. It will last 2 or 3 days, but the sauce will become thicker/dryer as it grows older, so you may want to stir in extra water if that's the case.When you're ready to eat, just sprinkle sesame seeds and fresh chives over the top.

## Nutrition Facts



## Properties

Glycemic Index:76.08, Glycemic Load:20.44, Inflammation Score:-9, Nutrition Score:17.989565248075%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 338.19kcal (16.91%), Fat: 13.2g (20.32%), Saturated Fat: 1.89g (11.8%), Carbohydrates: 47.57g (15.86%), Net Carbohydrates: 44.98g (16.35%), Sugar: 3.23g (3.59%), Cholesterol: 0mg (0%), Sodium: 1174.4mg (51.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.62g (27.25%), Vitamin A: 2798.91IU (55.98%), Manganese: 0.94mg (47.1%), Vitamin B1: 0.63mg (42.09%), Phosphorus: 353.95mg (35.39%), Copper: 0.66mg (33.13%), Magnesium: 98.07mg (24.52%), Vitamin B3: 3.86mg (19.29%), Iron: 3.45mg (19.15%), Folate: 72.11µg (18.03%), Vitamin B6: 0.33mg (16.35%), Zinc: 2.37mg (15.78%), Vitamin C: 11.66mg (14.14%), Potassium: 458.22mg (13.09%), Selenium: 8.69µg (12.41%), Calcium: 105.35mg (10.54%), Vitamin B2: 0.18mg (10.53%), Fiber: 2.59g (10.38%), Vitamin K: 7.59µg (7.23%), Vitamin B5: 0.68mg (6.82%), Vitamin E: 0.27mg (1.81%)