 **73%**
HEALTH SCORE

Chilled Soba with Tofu and Sugar Snap Peas

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 cups baby spinach
- 1 large shiitake mushrooms dried
- 2 tablespoons ginger peeled thin
- 1 inch kombu dried (kelp)
- 0.3 cup rice wine sweet (Japanese rice wine)
- 3 tablespoons ponzu sauce (not containing dashi)
- 1 cup spring onion divided thinly sliced
- 1 tablespoon sesame oil

- 14 ounce silken tofu
- 1 pound soba noodles dried
- 0.5 cup soya sauce (preferably Japanese)
- 1 tablespoon sugar
- 1 pound sugar snap peas thinly sliced
- 2.5 cups water

Equipment

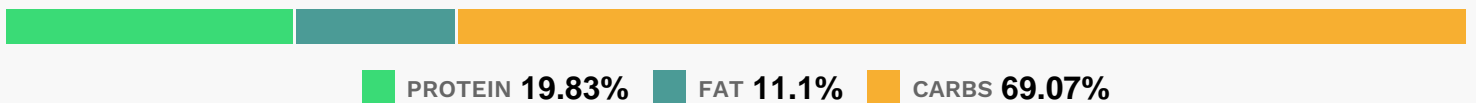
- bowl
- frying pan
- sauce pan
- whisk
- pot
- sieve
- slotted spoon
- colander

Directions

- Simmer mushroom in water in a small saucepan, covered, 15 minutes.
- Add kombu and barely simmer, covered, 5 minutes.
- Remove from heat and let stand, covered, 5 minutes. Strain through a fine-mesh sieve into a large glass measure, pressing on and discarding solids. Return 2 cups liquid (add water if necessary) to saucepan.
- Add soy sauce, mirin, ponzu, sugar, and 1/4 teaspoon salt and bring to a boil, stirring until sugar has dissolved.
- Remove from heat. Stir in sesame oil, then cool in pan in a large ice bath.
- Blanch sugar snaps in a large pot of unsalted boiling water until crisp-tender, about 2 minutes.
- Transfer with a slotted spoon to a large colander set in ice bath to stop cooking. Lift colander to drain.

- Transfer sugar snaps to a bowl. Meanwhile, return water to a boil. Blanch spinach until just wilted, about 30 seconds, then cool and drain in same manner. Squeeze out excess water.
- Add to sugar snaps.
- Return water to a boil.
- Add noodles and cook according to package directions, stirring occasionally, until tender.
- Drain in colander and rinse with cold water. Cool in ice bath until very cold (add more ice to water as necessary).
- Drain well.
- Carefully drain tofu and pat dry.
- Cut into 3/4-inch cubes.
- Whisk sauce, then pour 1 1/2 cups sauce into a large bowl.
- Add noodles, sugar snaps, spinach, and half of scallions and toss.
- Serve in shallow bowls, topped with tofu, remaining scallions, and ginger.
- Drizzle with some of remaining sauce and serve remainder on the side.
- Sauce can be made 3 days ahead and chilled.
- Per serving: 403 calories, 5g fat (1g saturated), 0mg cholesterol, 2145mg sodium, 76g carbohydrates, 4g fiber, 20g protein
- Nutrition Data
- See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:36.1, Glycemic Load:31.82, Inflammation Score:-10, Nutrition Score:35.693043420172%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 5.33mg, Kaempferol: 5.33mg, Kaempferol: 5.33mg, Kaempferol: 5.33mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 404.22kcal (20.21%), Fat: 5.2g (8%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 72.82g (24.27%), Net Carbohydrates: 68.36g (24.86%), Sugar: 6.99g (7.76%), Cholesterol: 0mg (0%), Sodium: 1927.39mg (83.8%), Alcohol: 1.61g (100%), Alcohol %: 0.45% (100%), Protein: 20.9g (41.81%), Vitamin K: 440.4µg (419.43%), Vitamin A: 8490.02IU (169.8%), Manganese: 2.01mg (100.47%), Vitamin C: 71.11mg (86.19%), Folate: 247.75µg (61.94%), Magnesium: 186.73mg (46.68%), Vitamin B1: 0.63mg (41.78%), Iron: 7.07mg (39.28%), Phosphorus: 345.66mg (34.57%), Potassium: 1009.32mg (28.84%), Copper: 0.55mg (27.29%), Vitamin B6: 0.52mg (25.99%), Vitamin B3: 4.55mg (22.76%), Vitamin B2: 0.38mg (22.53%), Calcium: 179.12mg (17.91%), Fiber: 4.45g (17.8%), Zinc: 2.45mg (16.34%), Vitamin B5: 1.47mg (14.69%), Vitamin E: 2.05mg (13.69%), Selenium: 1.83µg (2.62%)