



Citrus soba noodles

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



162 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 250 g soup noodles (see know-how below)
- ☐ 4 spring onion shredded
- ☐ 1 lime zest
- ☐ 1 tbsp soya sauce

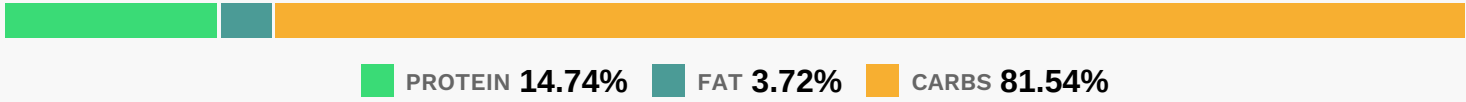
Equipment

- ☐ bowl

Directions

- ☐ Cook the noodles in boiling water according to pack instructions, about 7 mins, then rinse under cold running water until cool.
- ☐ Drain well.
- ☐ Tip into a bowl and toss with the spring onions, lime zest and juice, and soy sauce.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:12.93, Inflammation Score:-3, Nutrition Score:6.3352175018062%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 162.29kcal (8.11%), Fat: 0.67g (1.03%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 33.04g (11.01%), Net Carbohydrates: 31.16g (11.33%), Sugar: 1.54g (1.71%), Cholesterol: 0mg (0%), Sodium: 171.58mg (7.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.95%), Selenium: 26.45µg (37.79%), Manganese: 0.41mg (20.54%), Vitamin K: 16.67µg (15.87%), Phosphorus: 87.62mg (8.76%), Fiber: 1.88g (7.51%), Copper: 0.14mg (6.92%), Magnesium: 25.55mg (6.39%), Vitamin C: 4.75mg (5.76%), Vitamin B3: 0.89mg (4.46%), Iron: 0.8mg (4.44%), Zinc: 0.64mg (4.29%), Potassium: 132.75mg (3.79%), Vitamin B6: 0.07mg (3.74%), Folate: 14.05µg (3.51%), Vitamin B1: 0.05mg (3.13%), Vitamin B2: 0.04mg (2.25%), Vitamin B5: 0.22mg (2.21%), Calcium: 18.8mg (1.88%), Vitamin A: 85.34IU (1.71%)