



Cold Asian Noodle Salad with Ponzu Vinaigrette

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



297 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup matchstick-cut carrots
- ☐ 2 teaspoons sesame seed black
- ☐ 6 ounce chow mein stir-fry noodles (chuka soba)
- ☐ 1 cup haricots verts cut into 2-inch pieces (4 ounces)
- ☐ 6 tablespoons commercial ponzu sauce (such as Kikkoman)
- ☐ 0.3 cup onion red chopped
- ☐ 2 tablespoons sesame oil toasted

- ☐ 2 ounces shiitake mushroom caps thinly sliced
- ☐ 0.5 pound shrimp deveined peeled

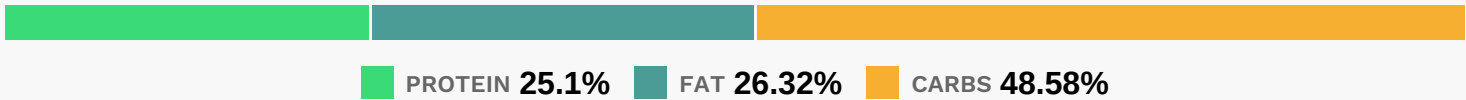
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a medium nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add shrimp; saut 5 minutes or until done.
- ☐ Remove from heat.
- ☐ Cook noodles according to package instructions, omitting salt and fat.
- ☐ Drain; rinse under cold water.
- ☐ Drain well.
- ☐ Combine noodles, haricots verts, mushrooms, onion, carrots, and shrimp in a large bowl.
- ☐ Combine ponzu and oil in a small bowl, stirring with a whisk.
- ☐ Add oil mixture to noodle mixture; toss gently to coat noodles.
- ☐ Add sesame seeds, tossing gently to combine. Cover and chill 45 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:1.05, Inflammation Score:-7, Nutrition Score:7.4430434859317%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 296.58kcal (14.83%), Fat: 8.7g (13.39%), Saturated Fat: 1.14g (7.14%), Carbohydrates: 36.13g (12.04%), Net Carbohydrates: 32.18g (11.7%), Sugar: 2.94g (3.27%), Cholesterol: 91.29mg (30.43%), Sodium: 853.13mg (37.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.67g (37.34%), Vitamin A: 1293.31IU (25.87%), Phosphorus: 160.06mg (16.01%), Fiber: 3.95g (15.81%), Copper: 0.31mg (15.74%), Vitamin K: 13.58µg (12.94%), Iron: 2.25mg (12.48%), Magnesium: 35.2mg (8.8%), Potassium: 293.91mg (8.4%), Manganese: 0.16mg (8.23%), Zinc: 1.09mg (7.24%), Calcium: 62.12mg (6.21%), Vitamin B6: 0.11mg (5.63%), Vitamin C: 4.55mg (5.51%), Vitamin B3: 0.86mg (4.28%), Folate: 16.58µg (4.15%), Vitamin B2: 0.07mg (4.02%), Vitamin B5: 0.32mg (3.23%), Vitamin B1: 0.04mg (2.74%), Selenium: 1.46µg (2.08%), Vitamin E: 0.22mg (1.44%)