



 **100%**
HEALTH SCORE

Cold Korean Buckwheat Noodles Recipe

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



744 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cucumber english peeled thinly sliced
- 2 cloves garlic finely chopped
- 3 tablespoons ground pepper red hot fine (Korean pepper powder)
- 0.3 cup korean honey citron tea paste red (Korean pepper paste)
- 4 servings kosher salt
- 1 pound soup noodles dried
- 0.5 pound radishes peeled cut into matchsticks
- 0.8 cup rice vinegar

- 2 spring onion finely chopped
- 0.3 cup sesame oil toasted
- 4 teaspoons sesame seed toasted
- 4 cups savory vegetable cold (chicken, beef or vegetable)
- 0.3 teaspoon sugar

Equipment

- bowl
- sauce pan
- colander
- chopsticks

Directions

- In a large bowl, combine 1/4 cup rice vinegar, gochujang, gochugaru, sugar and 1/4 teaspoon salt.
- Mix well.
- Add the radish and toss well to combine. Bring a large saucepan filled with water to a boil. Season with salt until the water tastes like the ocean.
- Add the noodles and cook until they are just tender. Meanwhile, in a medium bowl, combine 4 teaspoons of the toasted sesame oil, garlic, scallions and the remaining 1/2 cup rice vinegar. Stir well. When the noodles are cooked, drain in a colander, rinse well with cold water and drain again. Divide the noodles among four large bowls, mounding the noodles in the center of each bowl.
- Drizzle each pile with 2 teaspoons of the remaining toasted sesame oil. Top each pile with scallion-garlic sauce, radish mixture, cucumber, sesame seeds and seaweed (called kim) .
- Pour 1 cup stock around each pile of noodles.
- Serve with chopsticks and a large, long spoon. Try out these Asian noodles recipes on Food Republic: Dale Talde's Slippery Lemongrass Pork Noodles Recipe
- Spicy Vegan Dragon Noodle Salad Recipe
- Cold Sesame Noodles Recipe

Nutrition Facts

PROTEIN 12.45% FAT 21.59% CARBS 65.96%

Properties

Glycemic Index:92.02, Glycemic Load:42.96, Inflammation Score:-10, Nutrition Score:34.735652011374%

Flavonoids

Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 744.06kcal (37.2%), Fat: 18.22g (28.03%), Saturated Fat: 2.77g (17.33%), Carbohydrates: 125.24g (41.75%), Net Carbohydrates: 111.15g (40.42%), Sugar: 8.93g (9.93%), Cholesterol: 0mg (0%), Sodium: 318.18mg (13.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.65g (47.29%), Vitamin A: 11057.89IU (221.16%), Selenium: 74.88µg (106.97%), Manganese: 1.83mg (91.36%), Fiber: 14.09g (56.38%), Vitamin C: 38.71mg (46.92%), Vitamin K: 42.97µg (40.92%), Phosphorus: 407.91mg (40.79%), Magnesium: 145.78mg (36.44%), Copper: 0.72mg (35.86%), Potassium: 1162.92mg (33.23%), Vitamin B6: 0.59mg (29.66%), Vitamin B1: 0.42mg (28.08%), Folate: 109.37µg (27.34%), Vitamin B3: 5.23mg (26.15%), Iron: 4.67mg (25.92%), Zinc: 3.2mg (21.32%), Vitamin B2: 0.35mg (20.72%), Calcium: 145.98mg (14.6%), Vitamin B5: 1.28mg (12.82%), Vitamin E: 1.56mg (10.41%)