



Cold Peanut Soba Noodles With Chicken

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

655 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon asian chili sauce such as Sriracha or sambal oelek
- ☐ 1 cup cucumber diced
- ☐ 1 cup edamame frozen shelled
- ☐ 2 teaspoons ginger grated peeled
- ☐ 4 servings kosher salt
- ☐ 0.5 cup peanut butter
- ☐ 2 tablespoons rice vinegar not seasoned
- ☐ 1 cup rotisserie chicken cut shredded
- ☐ 0.5 cup scallions chopped

- ☐ 1 teaspoon sesame oil
- ☐ 12 ounces soba noodles buckwheat
- ☐ 1 tablespoon soya sauce

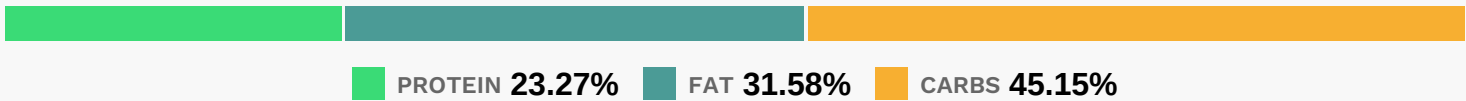
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Add the soba noodles and edamame and cook as the noodle label directs. Reserve 1 cup cooking water, then drain the noodles and edamame and run under cold water until cool.
- ☐ Whisk the peanut butter, vinegar, soy sauce, ginger, sesame oil and chili sauce in a large bowl.
- ☐ Add 1/2 cup of the reserved cooking water and whisk until smooth.
- ☐ Add the noodles and edamame, season with salt and toss to combine (add more cooking water to loosen, if needed). Divide among shallow bowls and top with the chicken, cucumber and scallions.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:48.38, Glycemic Load:34.43, Inflammation Score:-6, Nutrition Score:19.389565301978%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 655.05kcal (32.75%), Fat: 24.24g (37.3%), Saturated Fat: 4.81g (30.06%), Carbohydrates: 77.98g (25.99%), Net Carbohydrates: 74.29g (27.01%), Sugar: 5.41g (6.01%), Cholesterol: 56.78mg (18.93%), Sodium: 1482.04mg (64.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.2g (80.4%), Manganese: 1.64mg (82.23%), Vitamin B3: 7.3mg (36.51%), Magnesium: 144.25mg (36.06%), Phosphorus: 344.12mg (34.41%), Vitamin B1: 0.47mg (31.6%), Vitamin K: 28.57µg (27.21%), Iron: 4.24mg (23.55%), Folate: 92.45µg (23.11%), Vitamin E: 3.06mg (20.38%), Vitamin B6: 0.38mg (19.22%), Potassium: 661.45mg (18.9%), Copper: 0.38mg (18.78%), Zinc: 2.4mg (16.03%), Fiber: 3.69g (14.76%), Vitamin B5: 1.26mg (12.61%), Vitamin B2: 0.2mg (11.68%), Calcium: 91.63mg (9.16%), Vitamin C: 3.66mg (4.44%), Vitamin A: 157.07IU (3.14%), Selenium: 1.53µg (2.18%)