



Cold Sesame Noodles

 Vegetarian  Vegan  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



609 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 medium carrots
- 1 large cucumber
- 4 servings garlic
- 4 servings peanuts unsalted
- 4 servings salt to taste
- 4 servings spring onion
- 4 servings sesame oil
- 4 servings tahini chinese (Lee Kum brand or other)

- 4 servings soba noodles
- 4 servings soya sauce
- 4 servings sugar
- 4 servings vegetable oil
- 4 servings water
- 4 servings vinegar white

Equipment

- bowl
- pot

Directions

- Combine ingredients for the sweet soy base the night before to allow the garlic to infuse. In a bowl, combine the cucumber and carrot with oil and season lightly with salt. Reserve. Cook noodles in a large pot of unsalted boiling water about 8 – 10 minutes. To check if the noodles are done, pull a piece and break it, if the center has a very small center of raw dough, it will need another minute. Once noodles are cooked, drain and immediately rinse in cold water: the colder the better! Split the noodles between four bowls. Stir the soy base well and divide among the bowls.
- Add four ounces of sesame sauce and some ground peanuts. Top with cucumber and carrot salad, garnish with scallion. More Japanese cooking recipes on Food Republic: Nobu's Scrambled Egg Donburi Recipe
- Grilled Beef Stuffed With Asparagus Recipe
- Swiss Chard Oshitashi Recipe

Nutrition Facts



PROTEIN 8.55% **FAT 52.25%** **CARBS 39.2%**

Properties

Glycemic Index:77.86, Glycemic Load:31.45, Inflammation Score:-9, Nutrition Score:18.097826045492%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 609.29kcal (30.46%), Fat: 37.08g (57.04%), Saturated Fat: 5.41g (33.82%), Carbohydrates: 62.59g (20.86%), Net Carbohydrates: 60.52g (22.01%), Sugar: 14.19g (15.77%), Cholesterol: 0mg (0%), Sodium: 1673.54mg (72.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.65g (27.31%), Vitamin A: 2668.21IU (53.36%), Manganese: 0.97mg (48.5%), Vitamin K: 47.17µg (44.93%), Vitamin B1: 0.56mg (37.37%), Phosphorus: 314.82mg (31.48%), Copper: 0.51mg (25.43%), Magnesium: 91.03mg (22.76%), Vitamin B3: 3.73mg (18.64%), Folate: 69.14µg (17.28%), Iron: 2.97mg (16.5%), Vitamin B6: 0.3mg (14.76%), Zinc: 2mg (13.3%), Potassium: 427.44mg (12.21%), Vitamin E: 1.55mg (10.32%), Vitamin B2: 0.16mg (9.23%), Selenium: 6.04µg (8.63%), Vitamin B5: 0.85mg (8.48%), Fiber: 2.07g (8.28%), Calcium: 77.15mg (7.72%), Vitamin C: 5.83mg (7.07%)