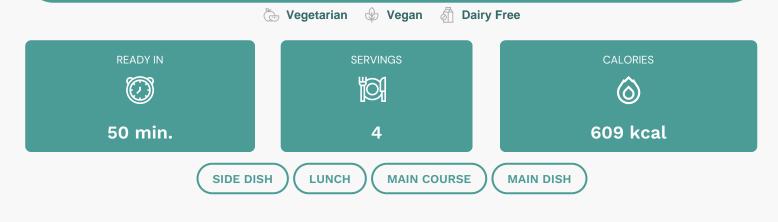


# **Cold Sesame Noodles**



## **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	
Εq	uipment	
	bowl	
	pot	
Diı	rections	
	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		

#### **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

#### **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: Omg (0%), Sodium: 1673.54mg (72.76%), Alcohol: Og (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%)