



Cold Sesame Noodles

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



742 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon chili sauce
- ☐ 0.5 cup creamy peanut butter
- ☐ 9 tablespoons sesame oil dark
- ☐ 1 inch ginger fresh with the side of a knife crushed peeled
- ☐ 2 garlic cloves with the side of a knife crushed
- ☐ 2 green onions thinly sliced
- ☐ 1 lime for serving cut into wedges,

- ☐ 0.3 cup soya sauce low-sodium
- ☐ 0.5 pound buckwheat noodles dried soba
- ☐ 0.3 cup rice vinegar
- ☐ 1 tablespoon sesame seed for garnish
- ☐ 1 thai bird chile red minced
- ☐ 6 tablespoons water room temperature

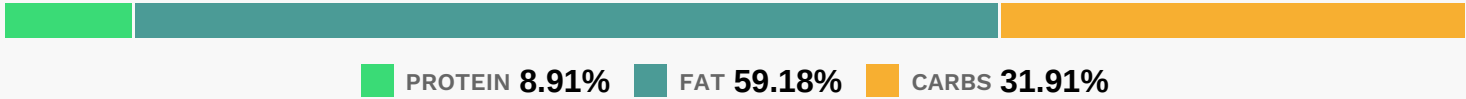
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ blender

Directions

- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add the noodles and stir to keep them from sticking together. Cook until barely tender and still firm, 3 to 4 minutes.
- ☐ Drain immediately and rinse under cold running water to cool.
- ☐ Drain the noodles really well, transfer to a wide serving bowl, and toss immediately with 3 tablespoons of the sesame oil so they don't stick together.
- ☐ Meanwhile, make the sauce. In a saucepan, heat 1/4 cup sesame oil over medium-low heat.
- ☐ Add the ginger, garlic, and chile. Cook, stirring for a minute, until the vegetables are soft and fragrant.
- ☐ Place into a blender along with the brown sugar, peanut butter, vinegar, soy sauce, hot water, chili sauce, and the remaining 2 tablespoons sesame oil. Puree and refrigerate until cold.
- ☐ Toast the sesame seeds in a dry skillet over medium-low heat until golden brown. (Shake the pan constantly to keep the seeds from burning).
- ☐ Put the noodles in a serving bowl and toss with the sesame sauce.
- ☐ Sprinkle with the sesame seeds and green onions, and serve with the lime wedges.

Nutrition Facts



Properties

Glycemic Index:62.5, Glycemic Load:18.58, Inflammation Score:-6, Nutrition Score:16.81130442412%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 741.89kcal (37.09%), Fat: 49.96g (76.85%), Saturated Fat: 8.04g (50.28%), Carbohydrates: 60.6g (20.2%), Net Carbohydrates: 56.1g (20.4%), Sugar: 11.82g (13.13%), Cholesterol: 0mg (0%), Sodium: 770.93mg (33.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.92g (33.83%), Manganese: 1.16mg (58.2%), Selenium: 38.45µg (54.93%), Vitamin B3: 5.69mg (28.44%), Magnesium: 107.46mg (26.87%), Phosphorus: 266.82mg (26.68%), Vitamin E: 3.66mg (24.43%), Copper: 0.43mg (21.33%), Fiber: 4.5g (18.01%), Vitamin K: 17.29µg (16.46%), Vitamin B6: 0.31mg (15.39%), Folate: 52.88µg (13.22%), Zinc: 1.98mg (13.19%), Potassium: 445.44mg (12.73%), Iron: 2.11mg (11.74%), Vitamin C: 8.98mg (10.88%), Vitamin B2: 0.15mg (8.97%), Vitamin B1: 0.13mg (8.9%), Calcium: 72.33mg (7.23%), Vitamin B5: 0.7mg (7%), Vitamin A: 102.85IU (2.06%)