



Cold Soba and Feta Salad with Edamame Pesto

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



381 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon coarse salt
- ☐ 0.5 cup edamame frozen shelled
- ☐ 2 ounces feta cheese crumbled
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 0.5 cup parsley fresh
- ☐ 1 small clove garlic
- ☐ 2 tablespoons juice of lime

- ☐ 2 tablespoons olive oil
- ☐ 1.5 cups cabbage red thinly sliced (from)
- ☐ 0.3 teaspoon pepper red
- ☐ 8 ounces soba noodles
- ☐ 1 tablespoon water
- ☐ 0.3 cup almonds raw whole

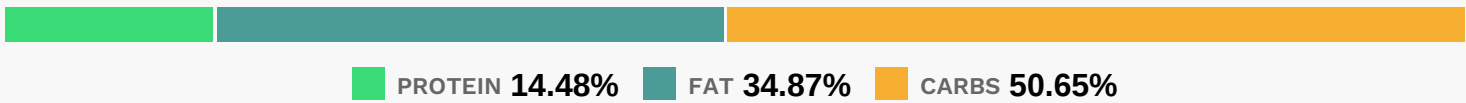
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ colander

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Add soba noodles to boiling water and cook for 4 to 5 minutes.
- ☐ Transfer noodles to a colander and run under cold water to cool.
- ☐ Drain well.
- ☐ Place cilantro, parsley, almonds, garlic, edamame, pepper flakes, and salt in a food processor and pulse until incorporated (30 seconds). With motor running, drizzle in lime juice, oil, and water, and process until smooth (another 30 seconds), adding more water by the tablespoonful if necessary.
- ☐ Transfer pesto to a large bowl.
- ☐ Add the noodles and cabbage to the bowl and toss until noodles are well coated. Divide noodle salad among 4 plates; sprinkle with feta.

Nutrition Facts



Properties

Glycemic Index:53.88, Glycemic Load:23.15, Inflammation Score:-8, Nutrition Score:20.641739187033%

Flavonoids

Cyanidin: 70.25mg, Cyanidin: 70.25mg, Cyanidin: 70.25mg, Cyanidin: 70.25mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 16.19mg, Apigenin: 16.19mg, Apigenin: 16.19mg, Apigenin: 16.19mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 381.05kcal (19.05%), Fat: 15.68g (24.12%), Saturated Fat: 3.29g (20.56%), Carbohydrates: 51.24g (17.08%), Net Carbohydrates: 48.28g (17.56%), Sugar: 2.39g (2.66%), Cholesterol: 12.62mg (4.21%), Sodium: 772.87mg (33.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.65g (29.3%), Vitamin K: 146.61µg (139.63%), Manganese: 1.06mg (52.91%), Vitamin C: 32.02mg (38.82%), Phosphorus: 252.67mg (25.27%), Vitamin A: 1240.01IU (24.8%), Vitamin E: 3.53mg (23.53%), Vitamin B1: 0.35mg (23.01%), Magnesium: 91.31mg (22.83%), Vitamin B2: 0.33mg (19.53%), Iron: 3.3mg (18.35%), Calcium: 158.82mg (15.88%), Folate: 61.94µg (15.49%), Vitamin B6: 0.3mg (15.13%), Vitamin B3: 2.57mg (12.87%), Potassium: 448.07mg (12.8%), Copper: 0.25mg (12.73%), Zinc: 1.84mg (12.27%), Fiber: 2.96g (11.84%), Vitamin B5: 0.83mg (8.25%), Selenium: 2.86µg (4.08%), Vitamin B12: 0.24µg (3.99%)