



## Cold Soba Noodles with Turkey

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



358 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup carrots shredded
- 2.5 tablespoons dry-roasted peanuts unsalted chopped
- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon ginger fresh minced peeled
- 0.5 cup green onions thinly sliced
- 1.5 tablespoons soya sauce low-sodium
- 1.5 cups bell pepper red thinly sliced
- 0.3 cup rice vinegar

- 4 teaspoons sesame oil
- 6 ounces soba noodles uncooked
- 3 cups skinned turkey cooked chopped

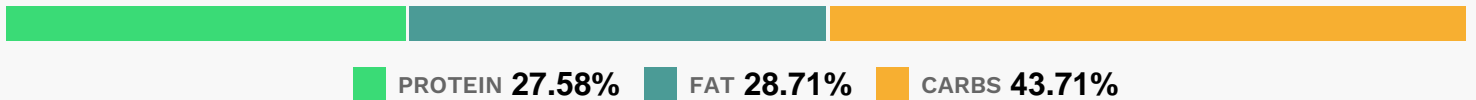
## Equipment

- bowl
- whisk

## Directions

- To prepare dressing, combine first 4 ingredients in a small bowl, stirring well with a whisk.
- To prepare salad, cook soba noodles according to package directions, omitting salt and fat.
- Drain and rinse with cold water.
- Combine soba noodles, turkey, and remaining ingredients in a large bowl.
- Drizzle dressing over salad, tossing gently to coat.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:65.08, Glycemic Load:18.59, Inflammation Score:-10, Nutrition Score:26.437391706135%

## Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

## Nutrients (% of daily need)

Calories: 358.11kcal (17.91%), Fat: 11.87g (18.26%), Saturated Fat: 2.24g (13.99%), Carbohydrates: 40.64g (13.55%), Net Carbohydrates: 37.61g (13.68%), Sugar: 4.25g (4.73%), Cholesterol: 53.68mg (17.89%), Sodium: 690.51mg (30.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.3%), Vitamin A: 7329.22IU (146.58%), Vitamin C: 76.05mg (92.19%), Vitamin B3: 9mg (44.99%), Manganese: 0.87mg (43.65%), Vitamin B6: 0.79mg (39.54%), Vitamin K: 36.48µg (34.74%), Phosphorus: 310.23mg (31.02%), Selenium: 16.63µg (23.76%), Magnesium:

87.35mg (21.84%), Vitamin B1: 0.32mg (21.41%), Folate: 81.71µg (20.43%), Potassium: 606.17mg (17.32%), Vitamin B2: 0.29mg (17.1%), Zinc: 2.5mg (16.67%), Vitamin B12: 0.91µg (15.16%), Iron: 2.56mg (14.22%), Vitamin B5: 1.4mg (13.97%), Fiber: 3.03g (12.12%), Copper: 0.24mg (11.9%), Vitamin E: 1.34mg (8.91%), Calcium: 56.31mg (5.63%), Vitamin D: 0.22µg (1.49%)