



Cold Soba Salad with Crisp Vegetables



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



89 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 medium carrots cut into 2-in. matchsticks



6 oz daikon radish chunk cut into 2-in. matchsticks



1 cucumber english halved sliced



4 spring onion sliced



0.3 cup soy sauce reduced-sodium



2 tablespoons mirin



1 bell pepper red halved sliced



0.5 teaspoon sesame oil toasted

- ☐ 8 ounces soba noodles dried
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon rice vinegar
- ☐ 1 bell pepper yellow halved sliced

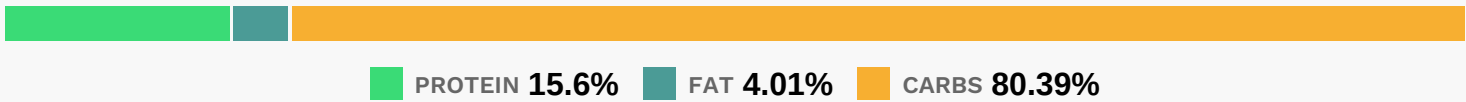
Equipment

- ☐ bowl

Directions

- ☐ Cook soba as package directs.
- ☐ Drain, cool, and pat dry with towels.
- ☐ Mix soy sauce, mirin, vinegar, sesame oil, and sugar in a small bowl.
- ☐ Combine noodles and vegetables in a large serving bowl.
- ☐ Pour half the dressing over noodles, tossing well to coat.
- ☐ Serve with remaining dressing on the side.

Nutrition Facts



Properties

Glycemic Index:26.29, Glycemic Load:8.1, Inflammation Score:-7, Nutrition Score:7.5282608128112%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 88.61kcal (4.43%), Fat: 0.43g (0.66%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 18.46g (6.71%), Sugar: 2.55g (2.83%), Cholesterol: 0mg (0%), Sodium: 370.86mg (16.12%), Alcohol: 0.28g (100%), Alcohol %: 0.37% (100%), Protein: 3.76g (7.53%), Vitamin C: 35.76mg (43.35%), Vitamin A: 1245.68IU (24.91%), Manganese: 0.33mg (16.44%), Vitamin K: 13.6µg (12.95%), Magnesium: 30.94mg (7.74%), Vitamin B1: 0.12mg (7.74%), Folate: 30.06µg (7.52%), Phosphorus: 74.36mg (7.44%), Vitamin B6: 0.13mg (6.27%), Potassium:

204.54mg (5.84%), Vitamin B3: 0.98mg (4.88%), Iron: 0.87mg (4.84%), Copper: 0.09mg (4.53%), Vitamin B2: 0.07mg (3.85%), Fiber: 0.93g (3.73%), Vitamin B5: 0.35mg (3.47%), Zinc: 0.51mg (3.37%), Calcium: 22.46mg (2.25%), Vitamin E: 0.24mg (1.63%)