



Creamy Mushrooms Over Soba Noodles (Vegan)

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



606 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon flour
- 4 servings chicken stock see
- 4 servings cremini; but your choice)
- 1 teaspoon parsley fresh minced (or 1 Tbs parsley)
- 2 cloves garlic minced
- 0.5 juice of lemon fine (I cheated, used bottled, was)
- 4 servings salt and pepper to taste

- 12 ounces soba noodles
- 2 tablespoons country crock buttery spread
- 1.3 cups soy milk unsweetened
- 12 ounces mushrooms white
- 12 ounces mushrooms white

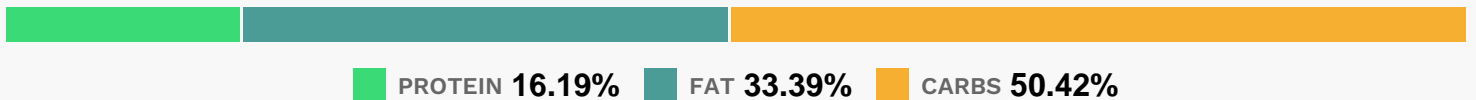
Equipment

- bowl
- frying pan
- ladle

Directions

- Melt 1 tbs of the Earth Balance in a saute pan.
- Add mushrooms & garlic stirring until the mushrooms are dark and reduced. Set the mushrooms aside. In the same pan, melt the second tbs of Earth Balance and stir in the flour. Cook stirring for about a minute, making a roux to thicken your sauce. Slowly add the soy milk, stirring until it is smooth and thickened.
- Add the mushrooms, lemon juice, thyme, salt, & pepper
- Add a 1/4 cup of white wine. And cook until reduced and sauce has a pleasant consistency
- Divide the cooked soba noodles into bowls
- Ladle the sauce over soba noodles.
- Garnish with sprigs of fresh thyme if you like. Enjoy!

Nutrition Facts



Properties

Glycemic Index:63.38, Glycemic Load:35.72, Inflammation Score:-7, Nutrition Score:27.927391304348%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Taste

Sweetness: 32.76%, Saltiness: 100%, Sourness: 34.4%, Bitterness: 44.01%, Savoriness: 95.55%, Fattiness: 83.94%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 606.03kcal (30.3%), Fat: 23.84g (36.68%), Saturated Fat: 13.71g (85.7%), Carbohydrates: 81g (27%), Net Carbohydrates: 78.82g (28.66%), Sugar: 7.59g (8.43%), Cholesterol: 7.2mg (2.4%), Sodium: 1292.74mg (56.21%), Protein: 26.02g (52.04%), Vitamin B2: 1.17mg (68.65%), Vitamin B3: 12.91mg (64.56%), Manganese: 1.22mg (60.84%), Vitamin B1: 0.77mg (51.04%), Copper: 0.94mg (46.82%), Phosphorus: 456.32mg (45.63%), Vitamin B5: 3.44mg (34.42%), Potassium: 1112.38mg (31.78%), Selenium: 21.95µg (31.36%), Magnesium: 118.88mg (29.72%), Vitamin B6: 0.59mg (29.29%), Folate: 96.21µg (24.05%), Iron: 4.12mg (22.88%), Zinc: 2.71mg (18.05%), Vitamin B12: 0.91µg (15.18%), Calcium: 139.61mg (13.96%), Vitamin E: 1.98mg (13.23%), Fiber: 2.17g (8.7%), Vitamin A: 434.19IU (8.68%), Vitamin D: 1.25µg (8.34%), Vitamin K: 8.26µg (7.87%), Vitamin C: 6mg (7.28%)