



Gingered Noodles with Roast Turkey

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



362 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup carrots chopped
- 2 tablespoons sesame oil dark
- 3 cups less-sodium chicken broth fat-free
- 1 tablespoon ginger fresh minced peeled
- 0.5 cup green onions thinly sliced
- 2 tablespoons hoisin sauce
- 2 tablespoons soya sauce low-sodium divided
- 4 cups napa cabbage chinese thinly sliced () (1 head)

- 2 cups shiitake mushroom caps thinly sliced ()
- 8 ounce soba noodles uncooked (buckwheat noodles)
- 3 cups turkey breast cooked chopped
- 1 cup rio sweet chopped (1 large)

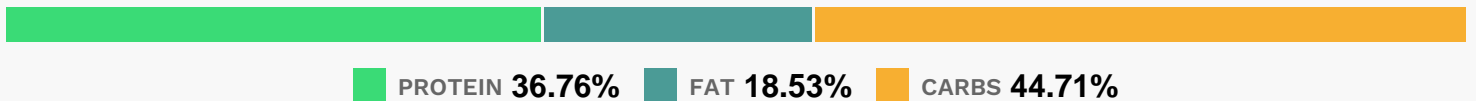
Equipment

- bowl
- frying pan

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add mushroom, chopped onion, and carrot; saut 3 minutes.
- Add ginger; saut 1 minute. Stir in hoisin and 1 tablespoon soy sauce.
- Add broth and noodles; bring to a boil. Cover, reduce heat, and simmer 8 minutes or until noodles are done, stirring frequently.
- Place cabbage and turkey in a large bowl.
- Add noodle mixture to turkey mixture; toss gently to coat. Stir in remaining 1 tablespoon soy sauce and green onions.

Nutrition Facts



Properties

Glycemic Index:35.06, Glycemic Load:17, Inflammation Score:-10, Nutrition Score:30.13434833029%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 361.65kcal (18.08%), Fat: 7.86g (12.09%), Saturated Fat: 1.12g (7.01%), Carbohydrates: 42.64g (14.21%), Net Carbohydrates: 38.89g (14.14%), Sugar: 6.78g (7.54%), Cholesterol: 64.04mg (21.35%), Sodium: 1315.35mg (57.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.07g (70.14%), Vitamin B3: 17.13mg (85.65%), Vitamin A: 3832.4IU (76.65%), Vitamin B6: 1.44mg (72.23%), Phosphorus: 515.76mg (51.58%), Selenium: 34.28µg (48.98%), Manganese: 0.88mg (44.06%), Vitamin K: 42.54µg (40.52%), Vitamin B2: 0.48mg (28.38%), Vitamin B5: 2.71mg (27.1%), Potassium: 918.14mg (26.23%), Folate: 101.14µg (25.28%), Magnesium: 100.36mg (25.09%), Zinc: 3.28mg (21.87%), Vitamin C: 17.86mg (21.65%), Vitamin B1: 0.29mg (19.48%), Copper: 0.34mg (16.94%), Vitamin B12: 0.97µg (16.2%), Fiber: 3.76g (15.02%), Iron: 2.67mg (14.85%), Calcium: 96.72mg (9.67%), Vitamin E: 0.43mg (2.86%), Vitamin D: 0.42µg (2.8%)