



Healthy and Flavor-Filled Soba Salad



Vegetarian



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



538 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons sesame seed black toasted
- ☐ 0.3 pound cabbage very thinly sliced
- ☐ 1 cup edamame frozen shelled thawed
- ☐ 1 finger chile red finely chopped
- ☐ 2 large cloves garlic minced finely grated
- ☐ 1 piece ginger finely grated peeled
- ☐ 0.3 cup honey
- ☐ 8 ounces pasta whole-wheat

- ☐ 4 servings salt
- ☐ 1 small bunch scallions very thinly sliced
- ☐ 2 tablespoons sherry vinegar
- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup vegetable oil

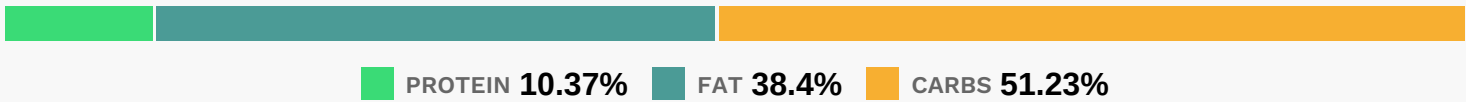
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the noodles and cook until al dente, then drain. Meanwhile, combine the honey, soy sauce, vinegar, garlic, ginger and chile in a large bowl, then whisk in the oil.
- ☐ Add the cabbage, edamame, scallions and noodles, and toss to combine.
- ☐ Sprinkle with the sesame seeds.

Nutrition Facts



Properties

Glycemic Index:77.57, Glycemic Load:27.18, Inflammation Score:-5, Nutrition Score:16.079999980719%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 537.8kcal (26.89%), Fat: 23.32g (35.87%), Saturated Fat: 3.36g (21.02%), Carbohydrates: 69.99g (23.33%), Net Carbohydrates: 64.87g (23.59%), Sugar: 21.3g (23.67%), Cholesterol: 0mg (0%), Sodium: 1015.88mg

(44.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.16g (28.32%), Vitamin K: 67.56µg (64.35%), Selenium: 38.53µg (55.05%), Manganese: 0.85mg (42.31%), Copper: 0.46mg (22.83%), Fiber: 5.12g (20.49%), Iron: 3.35mg (18.6%), Phosphorus: 178mg (17.8%), Vitamin C: 13.28mg (16.1%), Magnesium: 63.54mg (15.89%), Potassium: 446.69mg (12.76%), Calcium: 124.41mg (12.44%), Vitamin B6: 0.23mg (11.3%), Vitamin E: 1.65mg (11%), Zinc: 1.48mg (9.84%), Vitamin B3: 1.96mg (9.82%), Folate: 35.5µg (8.87%), Vitamin B1: 0.13mg (8.77%), Vitamin B2: 0.1mg (5.76%), Vitamin B5: 0.39mg (3.95%), Vitamin A: 95.42IU (1.91%)