



Japanese Cold Noodles



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



98 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups dashi granules (Japanese soup stock)
- ☐ 2 tablespoons rice wine sweet (Japanese rice wine)
- ☐ 6 servings sesame seed fresh shredded minced finely grated peeled
- ☐ 5 tablespoons soy sauce light (Japanese soy sauce)
- ☐ 3 tablespoons sugar
- ☐ 3 frangelico white thin (wheat noodles)
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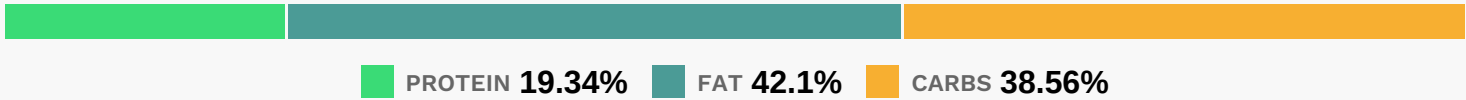
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ colander

Directions

- ☐ Heat all dipping sauce ingredients in a small saucepan over low heat, stirring, until sugar is dissolved. Cool sauce, then chill, covered, until cold, about 1 hour.
- ☐ Bring 2 1/2 quarts water to a rolling boil in a 4-quart saucepan over moderately high heat.
- ☐ Add noodles and 1 cup more water. When water returns to a boil, add 1 cup cold water and bring back to a boil. Simmer noodles until just tender and slightly translucent, about 2 minutes. Test noodles for doneness by dipping 1 strand in cold water and sampling. If noodles are not tender, add 1 cup more water and return water to a boil.
- ☐ Drain noodles in a colander and rinse well under cold water.
- ☐ Divide noodles among 6 bowls filled with ice and cold water. Divide dipping sauce among 6 small bowls and serve with accompaniments for flavoring it, then dip each mouthful of noodles in sauce.

Nutrition Facts



Properties

Glycemic Index:20.02, Glycemic Load:4.62, Inflammation Score:-2, Nutrition Score:5.2426086683636%

Nutrients (% of daily need)

Calories: 97.65kcal (4.88%), Fat: 4.5g (6.92%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 9.26g (3.09%), Net Carbohydrates: 8.2g (2.98%), Sugar: 6.34g (7.04%), Cholesterol: 0mg (0%), Sodium: 1097.58mg (47.72%), Alcohol: 0.81g (100%), Alcohol %: 0.88% (100%), Protein: 4.65g (9.29%), Copper: 0.39mg (19.46%), Manganese: 0.27mg (13.59%), Calcium: 105.71mg (10.57%), Vitamin B3: 2.07mg (10.34%), Phosphorus: 94.52mg (9.45%), Iron: 1.7mg (9.44%), Magnesium: 35.19mg (8.8%), Zinc: 0.77mg (5.12%), Selenium: 3.55µg (5.07%), Vitamin B6: 0.1mg (5.07%), Vitamin B1: 0.07mg (4.81%), Fiber: 1.06g (4.26%), Potassium: 140.56mg (4.02%), Vitamin B2: 0.07mg (4.01%), Folate: 13.71µg (3.43%), Vitamin B12: 0.08µg (1.36%)