



Japchae (Korean Stir-Fried Sweet Potato Noodles)

 Vegetarian  Vegan  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



211 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces baby spinach
- 0.3 teaspoon pepper black as needed freshly ground plus more
- 1 medium carrots peeled cut into 1-1/2-inch matchsticks
- 1 tablespoon t brown sugar dark packed
- 4 ounces mushroom caps fresh trimmed thinly sliced
- 2 medium garlic clove finely chopped
- 0.8 teaspoon kosher salt as needed plus more

- 1 medium spring onion light white green thinly sliced (and parts only)
- 4 teaspoons sesame oil toasted
- 1.5 teaspoons sesame seed toasted
- 0.3 cup soya sauce
- 8 ounces sweet potato vermicelli noodles dried
- 1 tablespoon vegetable oil
- 0.5 medium onion yellow thinly sliced

Equipment

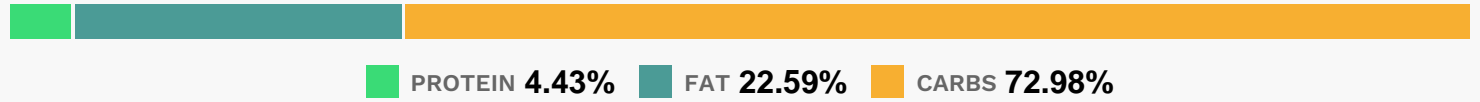
- bowl
- frying pan
- sauce pan
- kitchen scissors
- tongs
- colander

Directions

- Bring a large saucepan of heavily salted water to a boil over high heat.
- Add the noodles, stir to separate them, and boil until cooked through, about 5 minutes.
- Drain in a colander and rinse under cold water until cool. Using scissors, cut the noodles into 6- to 8-inch lengths. With the noodles still in the colander, drizzle with 2 teaspoons of the sesame oil and toss to coat; set aside.
- Mix the soy sauce and sugar together in a small bowl until the sugar has dissolved; set aside.
- Heat the oil in a large frying pan over medium heat until shimmering.
- Add the carrots, onion, measured salt, and measured pepper. Cook, stirring occasionally, until the onion has softened, about 8 minutes.
- Add the mushrooms and garlic and cook, stirring occasionally, until the mushrooms are tender, about 3 minutes. Increase the heat to medium high.
- Add the spinach and, using tongs, toss to combine.
- Let cook until slightly wilted, about 1 minute.

- Add the reserved noodles and soy sauce mixture and toss until heated through, about 2 to 3 minutes.
- Remove the pan from the heat, add the remaining 2 teaspoons toasted sesame oil, and toss to combine. Taste and season with salt and pepper as needed.
- Transfer to a serving platter and sprinkle with the scallion and sesame seeds.
- Serve immediately or at room temperature.

Nutrition Facts



Properties

Glycemic Index:46.97, Glycemic Load:1.09, Inflammation Score:-9, Nutrition Score:12.459565214489%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 211.39kcal (10.57%), Fat: 5.4g (8.31%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 39.28g (13.09%), Net Carbohydrates: 37.02g (13.46%), Sugar: 3.57g (3.97%), Cholesterol: 0mg (0%), Sodium: 855.88mg (37.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.77%), Vitamin K: 102.52µg (97.64%), Vitamin A: 3496.37IU (69.93%), Manganese: 0.33mg (16.66%), Folate: 46.68µg (11.67%), Fiber: 2.26g (9.04%), Vitamin C: 7.37mg (8.93%), Vitamin B6: 0.16mg (7.78%), Potassium: 246.4mg (7.04%), Vitamin B3: 1.41mg (7.04%), Magnesium: 27.55mg (6.89%), Vitamin B2: 0.1mg (6.13%), Iron: 1.02mg (5.67%), Phosphorus: 55.02mg (5.5%), Copper: 0.1mg (5.02%), Vitamin E: 0.69mg (4.61%), Calcium: 44.74mg (4.47%), Vitamin B5: 0.38mg (3.83%), Zinc: 0.44mg (2.93%), Vitamin B1: 0.04mg (2.78%), Selenium: 1.76µg (2.51%)