



WHATSheATE



HEALTH SCORE

52%

Korean Chilled Buckwheat Noodles with Chile Sauce (Bibim Naengmyun)



Vegetarian



Dairy Free

READY IN



150 min.

SERVINGS



4

CALORIES



856 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons ancho chile powder (gochugaru)
- ☐ 1 cup julienne-cut cucumber english
- ☐ 1 cup daikon radish cut into thin 1 1/2 x 1/2-inch slices
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 garlic clove crushed
- ☐ 0.3 cup korean honey citron tea paste such as annie chun's)
- ☐ 0.3 cup green onions chopped

- ☐ 2 large hard-cooked eggs chilled cut in half lengthwise
- ☐ 1.5 teaspoons lower-sodium soy sauce
- ☐ 24 slices asian pear thin
- ☐ 0.5 cup rice vinegar
- ☐ 1 tablespoon rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sesame seed toasted
- ☐ 10 ounce soba noodles uncooked
- ☐ 2 teaspoons sugar

Equipment

- ☐ food processor
- ☐ bowl
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ To prepare sauce, place onions and garlic in a mini food processor; process until minced.
- ☐ Add gochujang and next 6 ingredients (through sesame oil); process until smooth. Cover and chill at least 2 hours.
- ☐ To prepare pickles, combine 1/2 cup vinegar, 2 teaspoons sugar, and 1/4 teaspoon salt in a 2-cup glass measuring cup. Microwave at HIGH for 2 minutes or until boiling.
- ☐ Place radish in a medium bowl; top with hot vinegar mixture. Cover and chill 2 hours; drain.
- ☐ To prepare remaining ingredients, cook noodles according to package directions.
- ☐ Drain and rinse with cold water; drain. Arrange about 1 cup noodles in each of 4 bowls; top each serving with about 2 tablespoons sauce. In each bowl, arrange 1/4 cup radish on one side of noodles and 6 pear slices on the other; arrange 1/4 cup cucumber in middle. Top each with 1 egg half.

Nutrition Facts



 PROTEIN **8.44%**  FAT **8.67%**  CARBS **82.89%**

Properties

Glycemic Index:97.09, Glycemic Load:67, Inflammation Score:-10, Nutrition Score:42.475217280181%

Flavonoids

Cyanidin: 17.3mg, Cyanidin: 17.3mg, Cyanidin: 17.3mg, Cyanidin: 17.3mg Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg Epigallocatechin: 4.96mg, Epigallocatechin: 4.96mg, Epigallocatechin: 4.96mg, Epigallocatechin: 4.96mg Epicatechin: 31.58mg, Epicatechin: 31.58mg, Epicatechin: 31.58mg, Epicatechin: 31.58mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 1.43mg, Epigallocatechin 3-gallate: 1.43mg, Epigallocatechin 3-gallate: 1.43mg, Epigallocatechin 3-gallate: 1.43mg Isorhamnetin: 2.52mg, Isorhamnetin: 2.52mg, Isorhamnetin: 2.52mg, Isorhamnetin: 2.52mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg

Nutrients (% of daily need)

Calories: 856.43kcal (42.82%), Fat: 9.09g (13.99%), Saturated Fat: 1.86g (11.65%), Carbohydrates: 195.6g (65.2%), Net Carbohydrates: 162g (58.91%), Sugar: 86.87g (96.52%), Cholesterol: 93.25mg (31.08%), Sodium: 1130.36mg (49.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.92g (39.84%), Fiber: 33.6g (134.4%), Vitamin A: 6000.13IU (120%), Manganese: 1.78mg (88.77%), Vitamin K: 74.33µg (70.79%), Copper: 1.18mg (58.97%), Vitamin E: 8.5mg (56.67%), Vitamin C: 44.77mg (54.26%), Potassium: 1691.9mg (48.34%), Vitamin B6: 0.89mg (44.65%), Magnesium: 174.76mg (43.69%), Iron: 7.6mg (42.2%), Phosphorus: 413.68mg (41.37%), Vitamin B2: 0.65mg (37.97%), Vitamin B1: 0.54mg (35.92%), Folate: 134.31µg (33.58%), Vitamin B3: 6.06mg (30.28%), Zinc: 3.42mg (22.83%), Calcium: 215.07mg (21.51%), Selenium: 13.69µg (19.55%), Vitamin B5: 1.73mg (17.28%), Vitamin B12: 0.28µg (4.63%), Vitamin D: 0.55µg (3.67%)