



## Korean Spicy Cold Noodles



Dairy Free



Popular

READY IN



30 min.

SERVINGS



3

CALORIES



937 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 lb soba noodles (buckwheat) (can sub practically any favorite noodle)
- ☐ 3 servings lettuce thinly sliced
- ☐ 3 servings and/or cabbage green red thinly sliced
- ☐ 3 servings cucumber julienned
- ☐ 3 servings carrots julienned
- ☐ 3 servings asian pear julienned
- ☐ 3 servings green onions thinly sliced
- ☐ 1 leaves sesame traditional thinly sliced for this dish, you can skip (perilla) (while )

- ☐ 3 servings radish sprouts
- ☐ 3 servings cabbage and/or radish kimchi
- ☐ 2 hardboiled eggs
- ☐ 4 Tbsp korean chili paste red (gochu jang)
- ☐ 4 Tbsp rice vinegar (un-seasoned or seasoned will both work)
- ☐ 2 Tbsp soya sauce
- ☐ 2 Tbsp honey
- ☐ 2 Tbsp brown sugar dark light ( or )
- ☐ 2 Tbsp sesame oil toasted
- ☐ 2 Tbsp sesame seed toasted

## Equipment

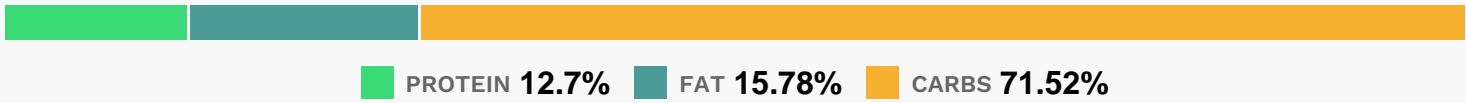
- ☐ bowl
- ☐ pot
- ☐ stove
- ☐ colander

## Directions

- ☐ Boil water for noodles: On the stovetop, fill a medium large pot with water and bring to a boil.
- ☐ Prep toppings: While the water is heating, prepare toppings and the sauce. Prepare the lettuce, cabbage, cucumber, carrots, asian pear, sesame leaves and radish sprouts. Set aside.
- ☐ Cut each hard boiled egg in half. Set aside.
- ☐ Make sauce: In a small bowl, combine red pepper paste, rice vinegar, soy sauce, honey, brown sugar, sesame oil and sesame seeds. Stir to combine and set aside.
- ☐ Boil, drain, and cool noodles: Once the water is boiling, add buckwheat noodles, or other type of noodles, and cook according to package instructions, or about six minutes, until al dente. When noodles are finished cooking, pour into a colander and rinse with cold water and drain. To quickly cool your noodles you may also place a few ice cubes in the colander or place the drained noodles into the freezer for a short time, just don't forget them!

- ☐ Serve: To serve, place cooled noodles in a medium sized bowl. Top with dressing and vegetables/fruit of your choice.
- ☐ Place one of the hard-boiled egg halves on top and a few radish sprouts.

## Nutrition Facts



### Properties

Glycemic Index:137.12, Glycemic Load:76.61, Inflammation Score:-10, Nutrition Score:42.036521725033%

### Flavonoids

Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 6.24mg, Epicatechin: 6.24mg, Epicatechin: 6.24mg, Epicatechin: 6.24mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

### Nutrients (% of daily need)

Calories: 937.33kcal (46.87%), Fat: 17.63g (27.12%), Saturated Fat: 3.16g (19.72%), Carbohydrates: 179.76g (59.92%), Net Carbohydrates: 168.88g (61.41%), Sugar: 45.26g (50.29%), Cholesterol: 124.33mg (41.44%), Sodium: 1990.87mg (86.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.93g (63.87%), Vitamin A: 11533.08IU (230.66%), Manganese: 2.6mg (130.14%), Vitamin K: 104.97µg (99.97%), Vitamin B1: 0.97mg (64.58%), Phosphorus: 590.3mg (59.03%), Vitamin C: 44.17mg (53.54%), Magnesium: 212.58mg (53.14%), Folate: 201.13µg (50.28%), Fiber: 10.88g (43.52%), Copper: 0.86mg (43.01%), Iron: 7.25mg (40.28%), Vitamin B6: 0.79mg (39.37%), Vitamin B3: 7.25mg (36.25%), Potassium: 1240.86mg (35.45%), Vitamin B2: 0.56mg (32.97%), Zinc: 4.14mg (27.57%), Vitamin B5: 2.48mg (24.76%), Calcium: 229.07mg (22.91%), Selenium: 13.56µg (19.37%), Vitamin E: 1.47mg (9.78%), Vitamin B12: 0.37µg (6.17%), Vitamin D: 0.73µg (4.89%)