



## Korean-Style Spaghetti

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



573 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 2 tsp apple cider vinegar
- ☐ 0.5 cucumber julienned
- ☐ 2 cloves garlic – or finely minced pressed
- ☐ 2 Tbs korean honey citron tea paste red (Korean pepper paste)
- ☐ 2 soft-boiled eggs
- ☐ 1 Tbs honey
- ☐ 1 Tbs soya sauce light
- ☐ 2 tsp sesame oil

- ☐ 2 tsp sesame seed toasted
- ☐ 200 g pasta like spaghetti or any other noodles)
- ☐ 2 stalks spring onion diced

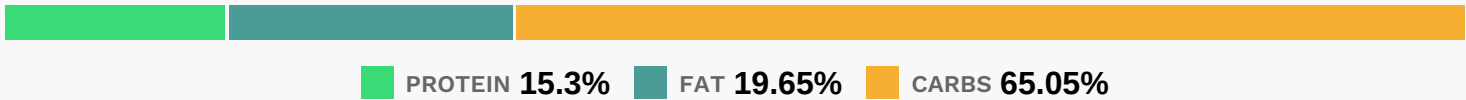
## Equipment

- ☐ mixing bowl

## Directions

- ☐ Mix together all ingredients for sauce in a large mixing bowl. Leave aside for later use.

## Nutrition Facts



## Properties

Glycemic Index:130.64, Glycemic Load:35.32, Inflammation Score:-6, Nutrition Score:20.847826086957%

## Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

## Nutrients (% of daily need)

Calories: 573.1kcal (28.66%), Fat: 12.53g (19.27%), Saturated Fat: 2.71g (16.96%), Carbohydrates: 93.28g (31.09%), Net Carbohydrates: 88.76g (32.28%), Sugar: 14.9g (16.55%), Cholesterol: 186.5mg (62.17%), Sodium: 578.96mg (25.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.94g (43.88%), Selenium: 80.21µg (114.58%), Manganese: 1.17mg (58.45%), Phosphorus: 333.72mg (33.37%), Vitamin K: 31.36µg (29.86%), Copper: 0.49mg (24.39%), Vitamin B2: 0.38mg (22.51%), Magnesium: 83.27mg (20.82%), Fiber: 4.51g (18.06%), Vitamin B6: 0.35mg (17.44%), Iron: 2.98mg (16.58%), Folate: 63.74µg (15.94%), Zinc: 2.39mg (15.93%), Potassium: 533.6mg (15.25%), Vitamin B5: 1.38mg (13.79%), Vitamin B1: 0.2mg (13.02%), Vitamin B3: 2.57mg (12.87%), Vitamin C: 8.36mg (10.14%), Calcium: 96.25mg (9.63%), Vitamin A: 467.92IU (9.36%), Vitamin B12: 0.56µg (9.25%), Vitamin D: 1.1µg (7.33%), Vitamin E: 0.83mg (5.51%)