

Mint and Scallion Soba Noodles



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



229 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 0.3 cup rice vinegar (not seasoned)
- ☐ 0.8 teaspoon salt
- ☐ 1.5 cups scallions thinly sliced ()
- ☐ 12 oz soba noodles dried (Japanese buckwheat noodles)
- ☐ 1 tablespoon soya sauce
- ☐ 1.3 teaspoons sugar
- ☐ 1 tablespoon vegetable oil

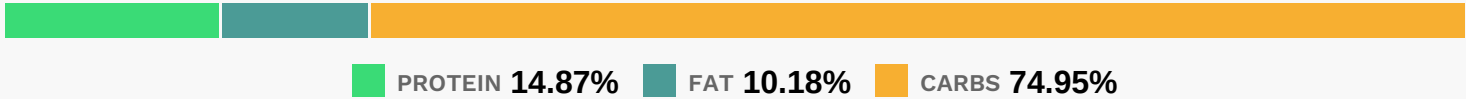
Equipment

- ☐ pot
- ☐ colander

Directions

- ☐ Cook noodles in a large pot of boiling water until just tender, about 5 minutes, then drain in a colander. Rinse under cold water to stop cooking, then drain well.
- ☐ While noodles are cooking, stir together vinegar, oil, soy sauce, sugar, and salt until sugar is dissolved.
- ☐ Toss noodles with dressing, mint, and scallions.

Nutrition Facts



Properties

Glycemic Index:36.6, Glycemic Load:23.2, Inflammation Score:-6, Nutrition Score:10.982608582662%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 228.73kcal (11.44%), Fat: 2.76g (4.24%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 45.71g (15.23%), Net Carbohydrates: 44.73g (16.27%), Sugar: 1.47g (1.63%), Cholesterol: 0mg (0%), Sodium: 912.78mg (39.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.07g (18.13%), Vitamin K: 55.92µg (53.26%), Manganese: 0.84mg (41.98%), Vitamin B1: 0.29mg (19.38%), Phosphorus: 160.47mg (16.05%), Magnesium: 63.21mg (15.8%), Folate: 54.83µg (13.71%), Iron: 2.17mg (12.06%), Vitamin B3: 2.13mg (10.67%), Copper: 0.17mg (8.43%), Vitamin A: 408.55IU (8.17%), Vitamin B6: 0.16mg (8.11%), Zinc: 1.12mg (7.49%), Vitamin C: 5.89mg (7.14%), Potassium: 239.94mg (6.86%), Vitamin B2: 0.11mg (6.38%), Vitamin B5: 0.58mg (5.84%), Calcium: 48.6mg (4.86%), Fiber: 0.97g (3.9%), Vitamin E: 0.32mg (2.15%)