



## Mushroom Teriyaki Noodles

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



567 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons high-temperature cooking oil
- 1 cup edamame shelled
- 2 cloves garlic minced
- 1 inch ginger minced grated peeled
- 4 servings coarse pepper black
- 4 servings salt
- 1 bunch scallions thinly sliced
- 1 pound mushroom caps sliced

- 0.3 cup teriyaki sauce
- 1 pound pasta like spaghetti whole wheat

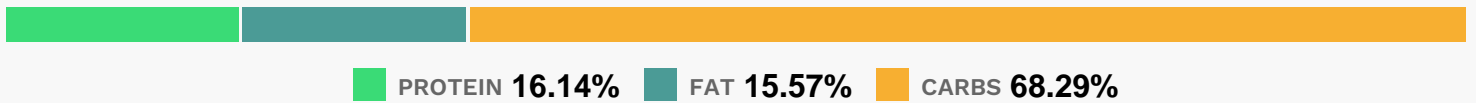
## Equipment

- frying pan
- pot

## Directions

- Heat a large pot of water to a boil, salt it, add the pasta and cook to al dente.
- After you drop the pasta in the water, heat the oil over high heat in a skillet. When the oil smokes up, add the mushrooms and brown 3 to 4 minutes. Season with pepper, and then add the ginger, garlic, edamame and scallions. Stir fry 2 minutes more.
- Drain the pasta, toss with the vegetables and dress with the teriyaki, to taste.

## Nutrition Facts



## Properties

Glycemic Index:35.25, Glycemic Load:1.84, Inflammation Score:-7, Nutrition Score:29.343043555384%

## Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## Nutrients (% of daily need)

Calories: 567.23kcal (28.36%), Fat: 10.42g (16.03%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 102.84g (34.28%), Net Carbohydrates: 98.23g (35.72%), Sugar: 7.27g (8.07%), Cholesterol: 0mg (0%), Sodium: 1133.73mg (49.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.3g (48.6%), Manganese: 3.78mg (188.85%), Selenium: 89.77µg (128.25%), Vitamin B3: 10.57mg (52.87%), Magnesium: 201.98mg (50.5%), Phosphorus: 461.8mg (46.18%), Vitamin B1: 0.58mg (38.96%), Copper: 0.71mg (35.74%), Iron: 6.12mg (34.02%), Vitamin B6: 0.63mg (31.72%), Vitamin B5: 2.88mg (28.83%), Zinc: 3.93mg (26.19%), Vitamin B2: 0.43mg (25.43%), Potassium: 840.74mg (24.02%), Folate: 85.39µg (21.35%), Fiber: 4.61g (18.42%), Vitamin K: 17.6µg (16.76%), Calcium: 92mg (9.2%), Vitamin E: 1.26mg (8.43%), Vitamin D: 0.45µg (3.02%), Vitamin C: 1.68mg (2.04%), Vitamin A: 60.5IU (1.21%)