



 **18%**
HEALTH SCORE

Neoguri (Spicy Seafood Ramen)

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs beaten
- 6 mussels cleaned
- 1 package japanese ramen noodles
- 1 spring onion green thinly sliced
- 1 sheet kombu cut into strips

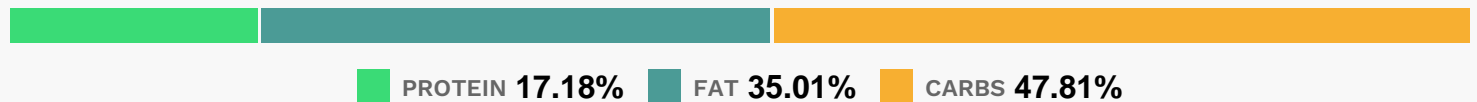
Equipment

- bowl
- pot

Directions

- Add mussels and sauce packets into boiling water.
- Let boil with mussels about 5 minutes to cook and deepen the broth. If using fresh mussels, wait until they open and discard closed mussels.
- Include the noodles and cook for a 2, 3 minutes.
- Add the beaten egg while stirring noodles in a circular motion for even, flaky egg drops. If wanting a poached egg, carefully add the egg off to the side of the pot.
- Meanwhile, cut scallion into thin pieces along with gim (seaweed) sheet.
- Transfer to a serving bowl and add the scallions and gim (seaweed).

Nutrition Facts



Properties

Glycemic Index:129, Glycemic Load:25.5, Inflammation Score:-6, Nutrition Score:27.701739130435%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 480.54kcal (24.03%), Fat: 18.6g (28.62%), Saturated Fat: 8.02g (50.1%), Carbohydrates: 57.15g (19.05%), Net Carbohydrates: 54.85g (19.95%), Sugar: 1.79g (1.99%), Cholesterol: 177.39mg (59.13%), Sodium: 1940.85mg (84.38%), Protein: 20.54g (41.08%), Vitamin B12: 6.48µg (107.99%), Manganese: 2.13mg (106.44%), Vitamin B1: 0.98mg (65.23%), Selenium: 44.03µg (62.9%), Folate: 149.47µg (37.37%), Iron: 6.36mg (35.34%), Vitamin B2: 0.54mg (31.61%), Vitamin K: 31.52µg (30.02%), Phosphorus: 290.21mg (29.02%), Vitamin B3: 4.36mg (21.82%), Zinc: 2.15mg (14.34%), Vitamin E: 2.1mg (14.02%), Copper: 0.24mg (11.94%), Vitamin B5: 1.18mg (11.79%), Magnesium: 46.9mg (11.73%), Potassium: 404.89mg (11.57%), Fiber: 2.3g (9.2%), Vitamin B6: 0.18mg (9.03%), Vitamin A: 448.68IU (8.97%), Vitamin C: 6.5mg (7.88%), Calcium: 74.86mg (7.49%), Vitamin D: 0.88µg (5.87%)