



Noodles with Mushrooms and Lemon Ginger Dressing

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



455 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 teaspoon asian chili powder (or cayenne)
- ☐ 1 lemon zest grated
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 1 inch section of ginger grated peeled
- ☐ 0.3 cup rice vinegar
- ☐ 0.3 cup soya sauce
- ☐ 1 tablespoon honey

- ☐ 1 tablespoon sesame oil toasted
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 9 ounces noodles dried (spaghetti, linguine, udon, soba)
- ☐ 7 ounces mushrooms fresh sliced (enoki, shimeji, button, shiitake)
- ☐ 1.5 tablespoons butter
- ☐ 1 tablespoon herbs fresh minced (parsley, green onion, cilantro or basil)
- ☐ 1 tablespoon sesame seed

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Combine all ingredients, except for the sesame oil and olive oil in a food processor or hand blender. Run the blender for a few seconds, until all ingredients are combined. With the machine running, drizzle in the oils.
- ☐ Cook the noodles: In a pot, cook the dried noodles according to the package instructions.
- ☐ Drain and set aside.
- ☐ Sauté the mushrooms:
- ☐ Heat a frying pan over high heat.
- ☐ Add the butter and when the butter starts bubbling, add the mushrooms. Sauté the mushrooms for 2 minutes.
- ☐ Combine noodles and mushrooms, add dressing to taste: In a large bowl, toss the cooked noodles with the mushrooms, fresh herbs, sesame seeds and some of the dressing (to taste.)

Nutrition Facts



Properties

Glycemic Index:80.82, Glycemic Load:22.04, Inflammation Score:-5, Nutrition Score:14.617391240338%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 455.2kcal (22.76%), Fat: 20.49g (31.52%), Saturated Fat: 5g (31.27%), Carbohydrates: 56.19g (18.73%), Net Carbohydrates: 52.88g (19.23%), Sugar: 7.56g (8.4%), Cholesterol: 11.29mg (3.76%), Sodium: 1128.05mg (49.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.45g (24.89%), Selenium: 46.05µg (65.78%), Manganese: 0.78mg (38.97%), Copper: 0.46mg (23.19%), Vitamin K: 24.03µg (22.88%), Phosphorus: 205.82mg (20.58%), Vitamin B3: 3.82mg (19.09%), Vitamin B2: 0.28mg (16.63%), Magnesium: 55.66mg (13.91%), Fiber: 3.31g (13.23%), Vitamin E: 1.93mg (12.85%), Iron: 2.07mg (11.49%), Vitamin B5: 1.12mg (11.21%), Potassium: 381.15mg (10.89%), Vitamin B6: 0.21mg (10.7%), Zinc: 1.45mg (9.68%), Vitamin B1: 0.13mg (8.61%), Vitamin C: 5.87mg (7.12%), Folate: 28.36µg (7.09%), Vitamin A: 327.78IU (6.56%), Calcium: 46.02mg (4.6%)