



## Not Momofuku Ginger Scallion Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



446 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 teaspoons fish sauce
- 1 tablespoon garlic chopped
- 2 tablespoons ginger finely minced
- 1 cup grapeseed oil
- 1 bunch spring onion sliced
- 1 tablespoon honey
- 4 servings pink salt to taste
- 1 to 5 chilies red crushed

- 1 teaspoon rice vinegar
- 1 tablespoon sesame oil toasted
- 1 tablespoon shallots chopped
- 0.8 pound soba noodles
- 2 teaspoons tamari sauce

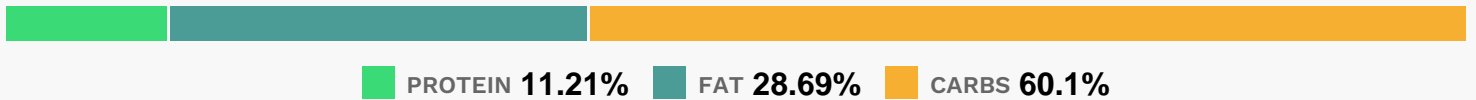
## Equipment

- frying pan
- sauce pan
- wooden spoon

## Directions

- Heat up the grapeseed oil in a saucepan over high heat until the oil is shimmery and hot, but not smoking.
- Add the green onions, ginger, garlic and shallots at once, but be careful, the oil will bubble and splatter. The onions will sizzle and wilt almost immediately and turn a bright green. Take the pan off the heat and stir the sauce with a wooden spoon.
- Add the fish sauce, sesame seed oil, rice wine vinegar, soy sauce, honey, crushed red chile pepper and salt to taste.
- Let sit for 15 minutes, then toss with your favorite noodles. I used fresh Chinese egg noodles.

## Nutrition Facts



## Properties

Glycemic Index:93.94, Glycemic Load:36.43, Inflammation Score:-6, Nutrition Score:13.712173913043%

## Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 446.09kcal (22.3%), Fat: 15.11g (23.24%), Saturated Fat: 1.68g (10.47%), Carbohydrates: 71.2g (23.73%), Net Carbohydrates: 70.65g (25.69%), Sugar: 5.48g (6.09%), Cholesterol: 0mg (0%), Sodium: 1273.76mg (55.38%), Protein: 13.29g (26.57%), Manganese: 1.2mg (60.24%), Vitamin B1: 0.43mg (28.54%), Magnesium: 93.69mg (23.42%), Phosphorus: 233.2mg (23.32%), Vitamin C: 18.33mg (22.22%), Vitamin E: 3.31mg (22.07%), Vitamin B6: 0.32mg (16.14%), Vitamin B3: 3.14mg (15.7%), Folate: 60.93µg (15.23%), Iron: 2.7mg (15.03%), Vitamin K: 14.53µg (13.84%), Copper: 0.24mg (11.94%), Zinc: 1.58mg (10.55%), Potassium: 315.8mg (9.02%), Vitamin B5: 0.88mg (8.83%), Vitamin B2: 0.14mg (8.07%), Calcium: 43.17mg (4.32%), Vitamin A: 167.56IU (3.35%), Fiber: 0.55g (2.2%), Selenium: 0.78µg (1.11%)