



## Ramen Noodle Soup

 Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



254 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 teaspoon chili oil
- 0.5 teaspoon ginger root fresh minced
- 2 green onions sliced
- 3.5 ounce japanese ramen noodles dried with vegetables
- 2 teaspoons soya sauce
- 3.5 cups vegetable broth

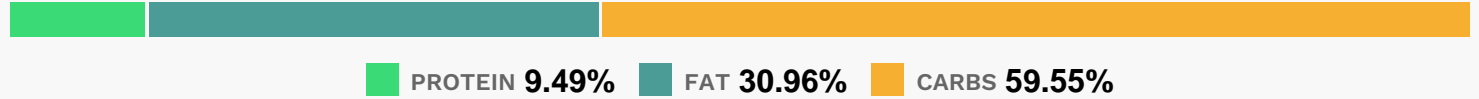
### Equipment

- sauce pan

## Directions

- In a medium saucepan combine broth and noodles. Cover and bring to a boil over high heat; stir to break up noodles. Reduce heat to medium and add soy sauce, chili oil and ginger. Simmer, uncovered, for 10 minutes. Stir in sesame oil and garnish with green onions.

## Nutrition Facts



## Properties

Glycemic Index:77, Glycemic Load:16.86, Inflammation Score:-7, Nutrition Score:8.7756522427435%

## 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: 253.55kcal (12.68%), Fat: 8.79g (13.52%), Saturated Fat: 3.89g (24.32%), Carbohydrates: 38.03g (12.68%), Net Carbohydrates: 36.52g (13.28%), Sugar: 4.66g (5.18%), Cholesterol: 0mg (0%), Sodium: 2992.26mg (130.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.12%), Vitamin B1: 0.52mg (34.72%), Vitamin K: 28.27µg (26.92%), Vitamin A: 1001.56IU (20.03%), Folate: 64.88µg (16.22%), Manganese: 0.3mg (14.99%), Iron: 2.32mg (12.88%), Vitamin B3: 2.33mg (11.65%), Vitamin B2: 0.15mg (8.67%), Selenium: 5.08µg (7.26%), Phosphorus: 71.45mg (7.14%), Vitamin E: 0.96mg (6.4%), Fiber: 1.51g (6.04%), Copper: 0.11mg (5.28%), Magnesium: 16.43mg (4.11%), Potassium: 136.73mg (3.91%), Zinc: 0.5mg (3.31%), Vitamin B6: 0.06mg (3.16%), Vitamin C: 2.43mg (2.95%), Calcium: 24.32mg (2.43%), Vitamin B12: 0.12µg (2.07%), Vitamin B5: 0.17mg (1.7%)