



Sesame Ginger Grilled Vegetables and Soba Noodles



Vegetarian



Vegan



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



225 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 oz vermicelli whole uncooked (buckwheat)
- ☐ 1 medium bell pepper red quartered
- ☐ 1 medium to 3 sized squashes yellow cut in half lengthwise
- ☐ 1 medium zucchini cut in half lengthwise
- ☐ 1 teaspoon vegetable oil
- ☐ 9 oz sugar snap peas frozen
- ☐ 0.3 cup mandarin orange segents with mandarin orange juice

☐ 1 teaspoon sesame seed

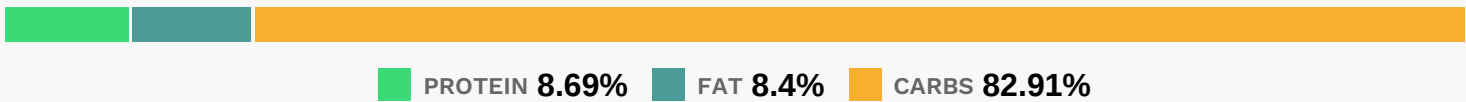
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In 3-quart saucepan, cook noodles to desired doneness as directed on package.
- ☐ Drain; return to saucepan. Cover to keep warm.
- ☐ In ungreased 15x10x1-inch pan, place bell pepper, summer squash and zucchini.
- ☐ Brush with oil.
- ☐ Place bell pepper, summer squash and zucchini pieces directly on grill over medium heat. Cover grill; cook 8 to 12 minutes, turning frequently, until vegetables are crisp-tender.
- ☐ Meanwhile, cook frozen sugar snap peas as directed on box. Cool 1 minute; drain.
- ☐ Pour into large bowl.
- ☐ Coarsely chop grilled vegetables; add to peas in bowl.
- ☐ Add marinade; stir to coat.
- ☐ Add drained noodles; stir to coat.
- ☐ Place on platter; sprinkle with sesame seed.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:21.63, Inflammation Score:-9, Nutrition Score:16.163478457409%

Flavonoids

Hesperetin: 0.97mg, Hesperetin: 0.97mg, Hesperetin: 0.97mg, Hesperetin: 0.97mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 224.75kcal (11.24%), Fat: 2.11g (3.25%), Saturated Fat: 0.38g (2.38%), Carbohydrates: 46.91g (15.64%), Net Carbohydrates: 42.64g (15.51%), Sugar: 7.4g (8.22%), Cholesterol: 0mg (0%), Sodium: 86.33mg (3.75%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.92g (9.83%), Vitamin C: 96.71mg (117.22%), Vitamin A: 1903.87IU (38.08%), Manganese: 0.59mg (29.51%), Vitamin K: 23.05µg (21.95%), Vitamin B6: 0.4mg (19.76%), Folate: 70.16µg (17.54%), Fiber: 4.27g (17.08%), Phosphorus: 149.43mg (14.94%), Potassium: 481.94mg (13.77%), Iron: 2.2mg (12.2%), Vitamin B1: 0.18mg (12.1%), Vitamin B2: 0.2mg (12.05%), Magnesium: 44.35mg (11.09%), Selenium: 7.28µg (10.4%), Copper: 0.17mg (8.26%), Vitamin B5: 0.8mg (7.97%), Vitamin B3: 1.3mg (6.48%), Vitamin E: 0.95mg (6.36%), Calcium: 61.74mg (6.17%), Zinc: 0.91mg (6.05%)