



WHATSheATE



Sesame Ginger Grilled Vegetables and Soba Noodles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



222 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

☐ 1 medium zucchini cut in half lengthwise

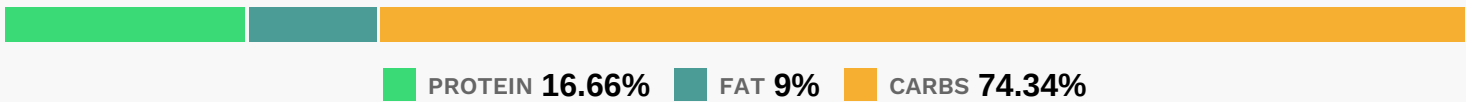
Equipment

- ☐ 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, Glycemic Load:17.85, Inflammation Score:-9, Nutrition Score:21.703478274138%

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: 221.78kcal (11.09%), Fat: 2.33g (3.59%), Saturated Fat: 0.38g (2.39%), Carbohydrates: 43.36g (14.45%), Net Carbohydrates: 37.14g (13.5%), Sugar: 8.46g (9.4%), Cholesterol: 0mg (0%), Sodium: 11.92mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.72g (19.44%), Vitamin C: 96.71mg (117.22%), Manganese: 0.94mg (47.18%), Vitamin A: 1911.95IU (38.24%), Magnesium: 114.51mg (28.63%), Vitamin B6: 0.56mg (27.75%), Folate: 109.28µg (27.32%), Phosphorus: 268.49mg (26.85%), Fiber: 6.23g (24.91%), Vitamin K: 23.86µg (22.72%), Zinc: 3.13mg (20.85%), Vitamin B3: 4.07mg (20.33%), Potassium: 650.77mg (18.59%), Vitamin B2: 0.31mg (18.18%), Copper: 0.35mg (17.74%), Iron: 2.73mg (15.18%), Vitamin B1: 0.22mg (14.48%), Vitamin B5: 1.23mg (12.32%), Vitamin E: 1.3mg (8.69%), Calcium: 63.02mg (6.3%), Selenium: 2.05µg (2.92%)