



Sesame Soba Noodles

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



562 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 large carrots grated
- 1 cup edamame frozen shelled thawed
- 1 piece ginger fresh grated peeled
- 1 large clove garlic grated finely chopped
- 0.3 cup honey
- 0.5 pound pasta whole-wheat
- 4 servings salt
- 1 small bunch scallions very thinly sliced

- 2 teaspoons sesame oil toasted
- 3 tablespoons sesame seeds and sesame seeds mixed white black toasted
- 2 tablespoons sherry vinegar
- 0.3 cup soya sauce
- 0.3 cup vegetable oil

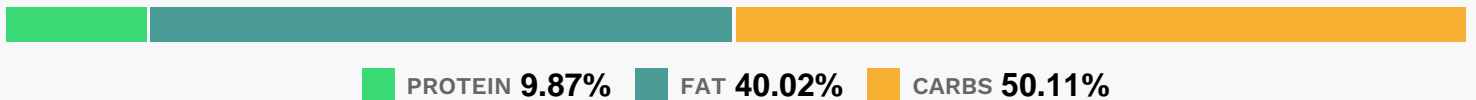
Equipment

- bowl
- whisk
- pot

Directions

- Bring a pot of salted water to a boil.
- Add the soba and cook until al dente.
- Drain.
- Meanwhile, combine the honey, soy sauce, vinegar, sesame oil, ginger and garlic in a large bowl.
- Whisk in the olive oil.
- Add the edamame, carrots, scallions and soba to the bowl and toss to combine.
- Garnish with the sesame seeds.

Nutrition Facts



Properties

Glycemic Index:67.03, Glycemic Load:27.82, Inflammation Score:-10, Nutrition Score:19.393043372942%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 561.74kcal (28.09%), Fat: 25.37g (39.03%), Saturated Fat: 3.65g (22.8%), Carbohydrates: 71.48g (23.83%), Net Carbohydrates: 66.08g (24.03%), Sugar: 22.06g (24.51%), Cholesterol: 0mg (0%), Sodium: 1035.42mg (45.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.07g (28.14%), Vitamin A: 6074.59IU (121.49%), Selenium: 38.37µg (54.82%), Vitamin K: 50.92µg (48.5%), Manganese: 0.84mg (41.92%), Copper: 0.46mg (23.21%), Fiber: 5.39g (21.58%), Iron: 3.3mg (18.35%), Phosphorus: 181.76mg (18.18%), Magnesium: 64.1mg (16.02%), Potassium: 508.27mg (14.52%), Vitamin E: 1.87mg (12.45%), Calcium: 123.48mg (12.35%), Vitamin B6: 0.23mg (11.37%), Vitamin B3: 2.24mg (11.19%), Zinc: 1.5mg (10%), Vitamin B1: 0.14mg (9.07%), Folate: 29.95µg (7.49%), Vitamin B2: 0.11mg (6.24%), Vitamin C: 3.72mg (4.51%), Vitamin B5: 0.43mg (4.27%)