



WHATSheATE



Sesame Soba Noodles with Cucumber, Bok Choy, and Mixed Greens



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



513 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



2 heads baby bok choy cored thinly sliced



0.3 cup canola oil



0.3 cup cilantro leaves fresh chopped for garnish



0.3 cup creamy peanut butter



1 cucumber english cut into matchstick-size strips



2 tablespoons ginger fresh peeled chopped



2 tablespoons mint leaves fresh chopped

- ☐ 2 garlic clove peeled
- ☐ 3 spring onion cut into matchstick-size strips
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1.5 teaspoons lime zest finely grated
- ☐ 3 cups the salad mixed loosely packed ()
- ☐ 0.5 cup orange juice fresh
- ☐ 1 tablespoon orange zest finely grated
- ☐ 2 teaspoons pepper dried red divided crushed
- ☐ 6 servings roasted peanuts salted
- ☐ 1 teaspoon sesame oil
- ☐ 8 ounces soba noodles
- ☐ 1 tablespoon soya sauce
- ☐ 2 tablespoons rice vinegar

Equipment

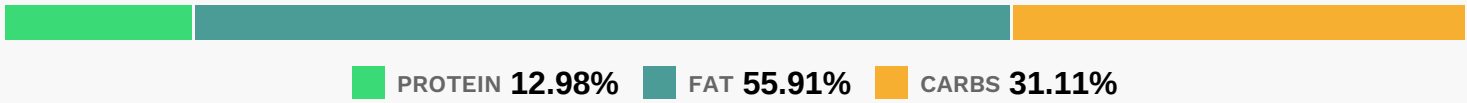
- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ blender

Directions

- ☐ Puree first 9 ingredients and 1 teaspoon red pepper in blender until smooth. With machine running, gradually add canola oil through opening in lid. Season dressing to taste with salt and pepper. DO AHEAD: Can be made 1 day ahead. Cover and chill. Bring to room temperature before continuing.
- ☐ Cook soba noodles in large pot of boiling salted water until tender but still firm to bite.
- ☐ Drain. Rinse with cold water; drain well. Using kitchen shears, cut noodles crosswise in 2 to 3 places.
- ☐ Drizzle noodles in strainer with sesame oil and toss to coat.
- ☐ Place greens, bok choy, cucumber, green onions, chopped cilantro, and mint in large bowl.

- ☐
- Add 1 teaspoon red pepper, dressing, and noodles; toss to coat. Season to taste with salt and pepper.
- ☐
- Garnish with cilantro sprigs and peanuts and serve.

Nutrition Facts



Properties

Glycemic Index:56.58, Glycemic Load:16.55, Inflammation Score:-8, Nutrition Score:19.203043419382%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 3.3mg, Hesperetin: 3.3mg, Hesperetin: 3.3mg, Hesperetin: 3.3mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 512.99kcal (25.65%), Fat: 33.88g (52.12%), Saturated Fat: 4.46g (27.86%), Carbohydrates: 42.41g (14.14%), Net Carbohydrates: 38.05g (13.84%), Sugar: 3.95g (4.39%), Cholesterol: 0mg (0%), Sodium: 663.13mg (28.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.69g (35.38%), Manganese: 1.51mg (75.31%), Vitamin B3: 7.64mg (38.21%), Magnesium: 121.86mg (30.47%), Phosphorus: 283.67mg (28.37%), Vitamin K: 28.55µg (27.19%), Vitamin C: 22.06mg (26.74%), Folate: 98.47µg (24.62%), Vitamin E: 3.52mg (23.47%), Vitamin B1: 0.35mg (23.02%), Copper: 0.42mg (20.97%), Fiber: 4.36g (17.43%), Potassium: 604.73mg (17.28%), Vitamin B6: 0.31mg (15.61%), Iron: 2.59mg (14.41%), Vitamin A: 714.68IU (14.29%), Zinc: 1.77mg (11.81%), Vitamin B5: 1.13mg (11.31%), Vitamin B2: 0.15mg (8.77%), Calcium: 77.48mg (7.75%), Selenium: 3.25µg (4.64%)