



Shiitake and Cabbage Noodles with Tofu

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



554 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups angel hair slaw
- ☐ 1.5 teaspoons sesame oil dark divided
- ☐ 0.5 cup mushroom caps dried
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 0.5 teaspoon ginger fresh minced peeled
- ☐ 1 teaspoon garlic minced
- ☐ 0.5 cup green onions sliced
- ☐ 2 tablespoons soya sauce low-sodium divided

- ☐ 2 tablespoons seasoned rice vinegar
- ☐ 1 teaspoon sriracha such as huy fong hot
- ☐ 14 ounce spicy tofu firm drained cut into 1/2-inch cubes
- ☐ 3 cups udon noodles fresh hot thick cooked , round Japanese wheat noodles
- ☐ 2 cups water boiling

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Combine vinegar, 1 tablespoon soy sauce, garlic, 1 teaspoon oil, Sriracha, and ginger in a bowl.
- ☐ Add tofu; toss gently to coat. Cover and chill 30 minutes.
- ☐ Combine 2 cups boiling water and mushrooms in a bowl; cover and let stand 20 minutes.
- ☐ Drain mushrooms in a colander over a bowl, reserving liquid. Rinse and slice mushrooms; set aside. Strain reserved liquid through a paper towelled colander into a bowl; discard solids.
- ☐ Heat a Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add tofu mixture to pan; saut 7 minutes or until liquid evaporates, stirring occasionally.
- ☐ Remove tofu from pan.
- ☐ Heat remaining 1/2 teaspoon oil in pan.
- ☐ Add remaining 1 tablespoon soy sauce, slaw, onions, and mushrooms to pan; saut 2 minutes or until slaw wilts.
- ☐ Add reserved mushroom liquid, tofu mixture, and broth to pan; bring to a boil. Cover, reduce heat, and simmer 5 minutes.
- ☐ Place 3/4 cup noodles in each of 4 bowls.
- ☐ Pour 1 3/4 cups slaw mixture over each serving.

Nutrition Facts



 **PROTEIN 19.56%**  **FAT 13.7%**  **CARBS 66.74%**

Properties

Glycemic Index:60.33, Glycemic Load:38.8, Inflammation Score:-4, Nutrition Score:14.728260944719%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 554.44kcal (27.72%), Fat: 8.46g (13.02%), Saturated Fat: 0.93g (5.83%), Carbohydrates: 92.75g (30.92%), Net Carbohydrates: 86.29g (31.38%), Sugar: 6.94g (7.71%), Cholesterol: 0mg (0%), Sodium: 1272.46mg (55.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.18g (54.36%), Selenium: 51.46µg (73.51%), Manganese: 0.81mg (40.59%), Fiber: 6.45g (25.81%), Vitamin K: 26.19µg (24.94%), Copper: 0.45mg (22.66%), Phosphorus: 182.52mg (18.25%), Calcium: 161.04mg (16.1%), Iron: 2.68mg (14.88%), Magnesium: 54.99mg (13.75%), Vitamin B5: 1.25mg (12.49%), Vitamin B3: 2.49mg (12.44%), Zinc: 1.48mg (9.87%), Vitamin B6: 0.19mg (9.29%), Potassium: 319.01mg (9.11%), Vitamin B2: 0.14mg (8.31%), Folate: 31.83µg (7.96%), Vitamin B1: 0.1mg (6.46%), Vitamin C: 3.47mg (4.2%), Vitamin B12: 0.2µg (3.31%), Vitamin A: 126.31IU (2.53%), Vitamin E: 0.21mg (1.38%)