



Smoked trout & cucumber sesame noodles

 Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



551 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.2 l vegetable stock
- ☐ 1 knob ginger fresh shredded peeled
- ☐ 100 g soup noodles
- ☐ 1 tbsp soya sauce reduced-salt
- ☐ 1 tbsp peanut butter
- ☐ 125 g trout smoked flaked
- ☐ 0.5 large cucumber sliced
- ☐ 6 spring onion finely sliced

- ☐ 2 servings sesame seed
- ☐ 2 servings sesame oil

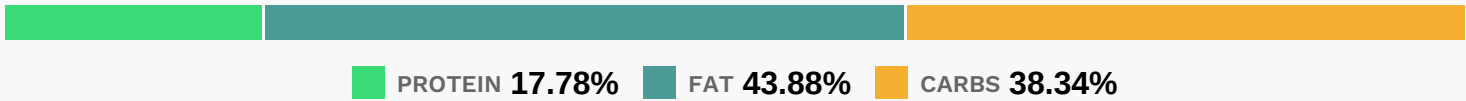
Equipment

- ☐ frying pan

Directions

- ☐ Bring the stock and shredded ginger to the boil in a large pan, add the noodles, then simmer for 4 mins until tender.
- ☐ Drain, then cool under cold running water.
- ☐ Mix together the soy, tahini and 2 tbsp water (or more if you need) to make a dressing the consistency of single cream. Toss the cooled noodles and fish with the dressing and cucumber. Scatter with the spring onions and sesame seeds, then drizzle with a little sesame oil, if using.

Nutrition Facts



Properties

Glycemic Index:106.5, Glycemic Load:19.74, Inflammation Score:-9, Nutrition Score:29.35826081815%

Flavonoids

Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 550.88kcal (27.54%), Fat: 27.14g (41.76%), Saturated Fat: 4.23g (26.45%), Carbohydrates: 53.37g (17.79%), Net Carbohydrates: 48.93g (17.79%), Sugar: 9.23g (10.26%), Cholesterol: 36.25mg (12.08%), Sodium: 2964.56mg (128.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.75g (49.49%), Vitamin B12: 4.87µg (81.15%), Vitamin K: 81.6µg (77.72%), Manganese: 1.46mg (72.96%), Selenium: 42.92µg (61.31%), Phosphorus: 364.95mg (36.5%), Copper: 0.71mg (35.75%), Vitamin A: 1715.09IU (34.3%), Vitamin B3: 5.66mg (28.31%), Vitamin B1: 0.38mg (25.67%), Magnesium: 101.26mg (25.32%), Iron: 3.79mg (21.08%), Vitamin B2: 0.33mg (19.5%), Vitamin B6: 0.37mg (18.56%), Potassium: 635.4mg (18.15%), Fiber: 4.44g (17.74%), Vitamin B5: 1.75mg (17.47%), Folate: 66.28µg (16.57%), Vitamin D: 2.44µg (16.25%), Calcium: 156.9mg (15.69%), Zinc: 2.24mg (14.94%), Vitamin C: 9.35mg (11.33%), Vitamin E: 1.35mg (8.97%)