



Soba and Maitake Mushrooms in Soy Broth



Vegetarian



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large egg yolk
- ☐ 2 garlic clove crushed peeled
- ☐ 1 ginger peeled thinly sliced
- ☐ 4 servings pepper freshly ground
- ☐ 0.5 cup soy sauce reduced-sodium
- ☐ 0.5 pound mushrooms
- ☐ 4 spring onion thinly sliced
- ☐ 1 tablespoon sesame seed toasted

- ☐ 8 ounces soba noodles (japanese-style
- ☐ 4 turnip trimmed thinly sliced
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup wakame seaweed dried

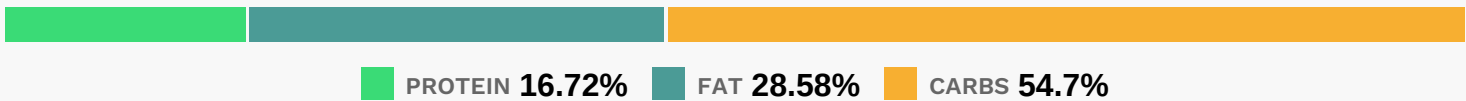
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Bring garlic, ginger, and 4 cups water to a boil in a small saucepan; reduce heat and simmer 10 minutes.
- ☐ Add soy sauce and wakame, if using. Set broth aside.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add mushrooms; season with salt and pepper. Cook, tossing occasionally, until golden brown and crisp, 10–12 minutes.
- ☐ Transfer to a large plate.
- ☐ Meanwhile, cook soba in a large pot of boiling salted water, stirring occasionally, until al dente; drain. Return reserved broth to a simmer.
- ☐ Divide soba and broth among bowls; top with mushrooms, turnips, and egg yolks.
- ☐ Add scallions and sprinkle with sesame seeds.
- ☐ Per serving: 390 calories, 14 g fat, 4 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:75.38, Glycemic Load:27.2, Inflammation Score:-7, Nutrition Score:22.468260723612%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 389.63kcal (19.48%), Fat: 13.16g (20.25%), Saturated Fat: 2.94g (18.38%), Carbohydrates: 56.67g (18.89%), Net Carbohydrates: 53.04g (19.29%), Sugar: 6.35g (7.05%), Cholesterol: 183.6mg (61.2%), Sodium: 1697.38mg (73.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.32g (34.64%), Manganese: 1.19mg (59.28%), Phosphorus: 365.5mg (36.55%), Vitamin K: 37.81µg (36.01%), Vitamin C: 29.64mg (35.93%), Vitamin B2: 0.52mg (30.76%), Vitamin B1: 0.44mg (29.06%), Folate: 111.9µg (27.98%), Copper: 0.55mg (27.31%), Magnesium: 106.62mg (26.65%), Vitamin B3: 4.91mg (24.55%), Selenium: 16.8µg (24%), Vitamin B6: 0.46mg (23.01%), Vitamin B5: 2.27mg (22.72%), Potassium: 744.33mg (21.27%), Iron: 3.6mg (20.02%), Zinc: 2.47mg (16.44%), Fiber: 3.63g (14.52%), Calcium: 122.15mg (12.22%), Vitamin E: 1.25mg (8.35%), Vitamin A: 367.89IU (7.36%), Vitamin D: 1.03µg (6.88%), Vitamin B12: 0.35µg (5.9%)