



Soba and Slaw Salad with Peanut Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



396 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 2 cups carrots grated
- ☐ 2.5 tablespoons creamy peanut butter
- ☐ 2 tablespoons dry-roasted peanuts chopped
- ☐ 0.8 cup green onions divided thinly sliced
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 6 cups cabbage shredded red
- ☐ 3 tablespoons rice vinegar

- ☐ 0.5 pound shrimp cooked coarsely chopped
- ☐ 6 ounces soba noodles uncooked (buckwheat)
- ☐ 2 teaspoons thai chile paste with garlic

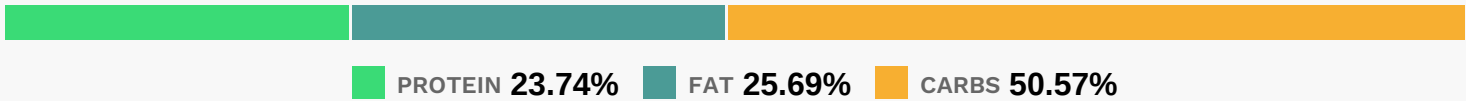
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ Drain; rinse with cold water.
- ☐ Combine noodles, shredded cabbage, carrot, 1/2 cup green onions, and shrimp in a large bowl.
- ☐ Combine soy sauce and next 4 ingredients (through chile paste) in a small bowl; stir with a whisk until blended.
- ☐ Add soy sauce mixture to noodle mixture, tossing gently to coat.
- ☐ Sprinkle with remaining 1/4 cup green onions and peanuts.

Nutrition Facts



Properties

Glycemic Index:56.83, Glycemic Load:21.47, Inflammation Score:-10, Nutrition Score:30.597825983296%

Flavonoids

Cyanidin: 280.12mg, Cyanidin: 280.12mg, Cyanidin: 280.12mg, Cyanidin: 280.12mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 395.89kcal (19.79%), Fat: 12.1g (18.61%), Saturated Fat: 1.82g (11.38%), Carbohydrates: 53.57g (17.86%), Net Carbohydrates: 47.47g (17.26%), Sugar: 9.92g (11.02%), Cholesterol: 91.29mg (30.43%), Sodium: 984.76mg (42.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.16g (50.32%), Vitamin A: 12373.61IU (247.47%), Vitamin C: 83.8mg (101.57%), Vitamin K: 100.81µg (96.01%), Manganese: 1.34mg (66.77%), Phosphorus: 373.69mg (37.37%), Magnesium: 127.03mg (31.76%), Potassium: 984.73mg (28.14%), Vitamin B6: 0.56mg (28.06%), Vitamin B1: 0.38mg (25.25%), Vitamin B3: 4.9mg (24.52%), Fiber: 6.1g (24.42%), Copper: 0.47mg (23.57%), Folate: 94.13µg (23.53%), Iron: 3.45mg (19.18%), Zinc: 2.46mg (16.41%), Calcium: 160.59mg (16.06%), Vitamin E: 2.25mg (15.01%), Vitamin B2: 0.25mg (14.91%), Vitamin B5: 1mg (10.05%), Selenium: 1.91µg (2.73%)