



 **55%**
HEALTH SCORE

Soba "Fideos" with Sea Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings baby carrots with tops
- 1 ounce dulse* dried snipped
- 2 tablespoons flat parsley chopped
- 1 tablespoon garlic minced
- 2 teaspoons lemon zest
- 0.3 cup meyer lemon juice
- 8 nori seaweed snipped
- 0.5 cup olive oil extra virgin extra-virgin divided

- 0.5 cup miso paste red (aka)
- 2 oz mushroom caps thinly sliced
- 9.5 oz bulgar wheat (buckwheat noodles)
- 0.8 ounce wakame seaweed dried

Equipment

- bowl
- whisk
- pot
- sieve
- slotted spoon

Directions

- Soak wakame in at least 6 cups water for time specified on package, or until tender-crisp. Discard ribs, if any, and finely chop wakame. Strain soaking liquid through a fine-mesh strainer into a medium bowl and add shiitakes.
- In a bowl, whisk together miso, 1/2 cup oil, the zest and juice, garlic, and parsley.
- Heat remaining 3 tbsp. oil in a large pot over medium heat. Break up soba into roughly 1-in. pieces and toast, stirring often, until deep golden, about 10 minutes.
- Pour in the soaking liquid and stir in shiitakes. Cover and cook at a bare simmer about 15 minutes, or until soba is tender.
- Stir miso dressing into soba to coat, then add wakame, dulse, and nori. Using a slotted spoon, divide among deep plates and top with baby radishes and/or carrots.
- Pour any remaining liquid around soba.
- *Find the sea vegetables at Whole Foods Market or Japanese markets, or order online from the Ocean Harvest Sea Vegetable Company (ohsv.net). Nori is also in the Asian aisle of your grocery store. Look for miso in the refrigerated produce section, near the tofu.
- Quick twist: Cook the soba in mushroom broth instead of sauting. Spoon the miso dressing into bowls, top with soba, and pour in broth.
- Add sliced or diced fresh radishes and carrots, then cilantro sprigs.

Nutrition Facts

PROTEIN 14.91% FAT 20.79% CARBS 64.3%

Properties

Glycemic Index:58.13, Glycemic Load:26.17, Inflammation Score:-10, Nutrition Score:28.320869542982%

Flavonoids

Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg Hesperetin: 2.89mg, Hesperetin: 2.89mg, Hesperetin: 2.89mg, Hesperetin: 2.89mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 10.48mg, Quercetin: 10.48mg, Quercetin: 10.48mg, Quercetin: 10.48mg

Nutrients (% of daily need)

Calories: 411.93kcal (20.6%), Fat: 10.17g (15.65%), Saturated Fat: 1.64g (10.22%), Carbohydrates: 70.81g (23.6%), Net Carbohydrates: 57.72g (20.99%), Sugar: 7.06g (7.84%), Cholesterol: 0mg (0%), Sodium: 1514.36mg (65.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.43g (32.85%), Vitamin A: 12200.76IU (244.02%), Manganese: 1.49mg (74.73%), Fiber: 13.09g (52.36%), Vitamin K: 54.63µg (52.03%), Copper: 1.03mg (51.54%), Magnesium: 191.77mg (47.94%), Phosphorus: 340.95mg (34.1%), Vitamin B3: 6.28mg (31.38%), Vitamin B2: 0.47mg (27.59%), Iron: 4.85mg (26.94%), Potassium: 685.17mg (19.58%), Zinc: 2.91mg (19.42%), Vitamin B6: 0.38mg (19.21%), Vitamin C: 15.66mg (18.98%), Folate: 75.66µg (18.92%), Vitamin B5: 1.61mg (16.07%), Selenium: 9.95µg (14.22%), Vitamin B1: 0.15mg (9.85%), Calcium: 95.03mg (9.5%), Vitamin E: 0.93mg (6.18%)