



Soba Noodle Bowl with Egg



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons canola oil divided
- ☐ 1 cup no-salt-added whole-kernel corn drained
- ☐ 5 cups vegetarian dashi
- ☐ 4 large eggs
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 2.5 teaspoons mirin sweet (rice wine)
- ☐ 1 cup onion vertically sliced (1 medium)
- ☐ 1 cup shiitake mushroom caps fresh thinly sliced

- ☐ 8 ounces soba cooked (buckwheat noodles)
- ☐ 2 cups torn spinach

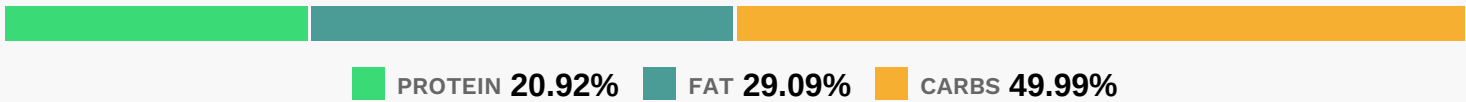
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula
- ☐ dutch oven
- ☐ cutting board

Directions

- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Combine corn and eggs in a small bowl, stirring with a whisk; pour into pan. Loosen omelet with a spatula, tilting pan to allow uncooked egg mixture to come in contact with pan. (
- ☐ Mixture will puff and bubble.) Cook 2 minutes or until browned on bottom.
- ☐ Cut omelet into quarters, using a spatula. Turn each quarter over; cook until set.
- ☐ Transfer omelet to a cutting board; cut into 1-inch pieces.
- ☐ Heat remaining 1 1/2 teaspoons oil in a Dutch oven over medium-high heat.
- ☐ Add 1 cup onion and mushrooms; saut 4 minutes.
- ☐ Add Vegetarian Dashi and the remaining ingredients except green onions. Reduce heat; cook 4 minutes or until spinach wilts. Stir in omelet pieces.
- ☐ Garnish with green onions, if desired.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:19.8, Inflammation Score:-9, Nutrition Score:30.498260871224%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 17.44mg, Quercetin: 17.44mg, Quercetin: 17.44mg, Quercetin: 17.44mg

Nutrients (% of daily need)

Calories: 436.07kcal (21.8%), Fat: 14.66g (22.56%), Saturated Fat: 2.91g (18.17%), Carbohydrates: 56.7g (18.9%), Net Carbohydrates: 47.73g (17.36%), Sugar: 5.42g (6.03%), Cholesterol: 186mg (62%), Sodium: 1432.11mg (62.27%), Alcohol: 0.5g (100%), Alcohol %: 0.11% (100%), Protein: 23.73g (47.45%), Vitamin K: 77.11µg (73.44%), Manganese: 1.15mg (57.39%), Vitamin B3: 11.04mg (55.21%), Phosphorus: 501.8mg (50.18%), Copper: 0.95mg (47.42%), Vitamin B2: 0.78mg (45.79%), Magnesium: 178.21mg (44.55%), Selenium: 26.09µg (37.27%), Fiber: 8.97g (35.87%), Vitamin A: 1708IU (34.16%), Folate: 115.44µg (28.86%), Potassium: 989.04mg (28.26%), Vitamin B5: 2.54mg (25.43%), Vitamin B6: 0.51mg (25.27%), Zinc: 3.24mg (21.57%), Iron: 3.71mg (20.59%), Calcium: 158.67mg (15.87%), Vitamin E: 2.28mg (15.22%), Vitamin B12: 0.75µg (12.5%), Vitamin C: 7.83mg (9.49%), Vitamin B1: 0.13mg (8.95%), Vitamin D: 1.23µg (8.17%)