



 **52%**  
HEALTH SCORE

## Soba Noodle Salad

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



501 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.3 cup creamy almond butter
- 3 tablespoons sesame seed black
- 1 hothouse cucumber peeled halved lengthwise sliced into 1/4-inch-thick half-moon shapes
- 1.5 inch ginger fresh peeled coarsely chopped
- 3 green onions thinly sliced
- 1.5 tablespoons honey
- 6 servings kosher salt
- 3 tablespoons juice of lime fresh

- 1.5 pound napa cabbage shredded cored
- 3 tablespoons olive oil extra-virgin
- 1 bell pepper red cored seeded thinly sliced
- 2 tablespoons sesame oil
- 1 cup slivered almonds toasted
- 8 ounces buckwheat soba noodles dried
- 0.3 cup soya sauce
- 2 teaspoons wasabi paste

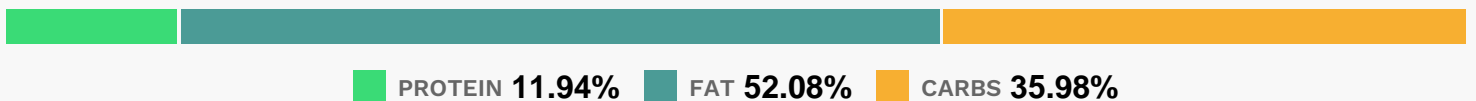
## Equipment

- bowl
- pot
- blender

## Directions

- Boil a large pot of salted water over high heat. Cook the noodles until tender but still firm to the bite, stirring occasionally, 4 to 5 minutes. Rinse the noodles in cold water, drain and place in a serving bowl.
- Combine the almond butter, soy sauce, lime juice, olive oil, sesame oil, honey, wasabi and ginger in a blender. Blend until smooth.
- Pour the dressing over the noodles.
- Add the cabbage, green onions, bell peppers, cucumbers and almonds. Toss until all the ingredients are coated.
- Garnish with sesame seeds and serve.

## Nutrition Facts



## Properties

Glycemic Index:48.46, Glycemic Load:18.69, Inflammation Score:-9, Nutrition Score:29.640434741974%

## Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

## Nutrients (% of daily need)

Calories: 500.63kcal (25.03%), Fat: 31.03g (47.74%), Saturated Fat: 3.29g (20.58%), Carbohydrates: 48.22g (16.07%), Net Carbohydrates: 41.51g (15.09%), Sugar: 9.3g (10.34%), Cholesterol: 0mg (0%), Sodium: 1048.7mg (45.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.01g (32.02%), Manganese: 1.64mg (82.11%), Vitamin C: 61.79mg (74.9%), Vitamin K: 70.54µg (67.18%), Vitamin E: 9.57mg (63.82%), Magnesium: 168.1mg (42.03%), Folate: 154.48µg (38.62%), Phosphorus: 344.82mg (34.48%), Copper: 0.67mg (33.68%), Vitamin B2: 0.51mg (29.75%), Vitamin B6: 0.54mg (27.1%), Fiber: 6.72g (26.87%), Calcium: 254.77mg (25.48%), Vitamin B1: 0.34mg (22.72%), Potassium: 794.94mg (22.71%), Vitamin A: 1082.42IU (21.65%), Iron: 3.72mg (20.66%), Vitamin B3: 3.61mg (18.03%), Zinc: 2.49mg (16.58%), Vitamin B5: 0.85mg (8.54%), Selenium: 3.37µg (4.82%)