

 **90%**
HEALTH SCORE

Soba Noodle Salad



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



623 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon ginger minced peeled
- ☐ 1 tablespoon soy sauce low-sodium
- ☐ 3 tablespoons rice vinegar
- ☐ 3 cups savory vegetable
- ☐ 1.5 tablespoons sesame oil
- ☐ 8 ounces soba noodles
- ☐ 1.5 cups premier protein
- ☐ 0.5 teaspoon wasabi powder (optional; see notes)

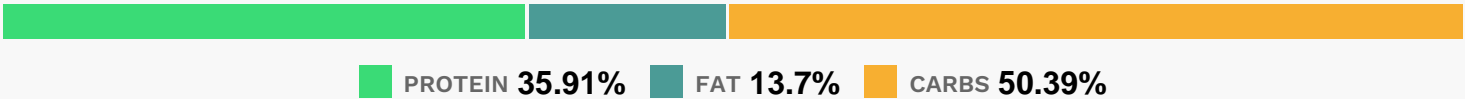
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring about 3 quarts water to a boil.
- ☐ Add noodles and cook until tender to bite, 3 to 6 minutes.
- ☐ Drain noodles and rinse gently under cold running water until cool.
- ☐ Meanwhile, in a large bowl, mix rice vinegar, sesame oil, soy sauce, ginger, and wasabi, if using.
- ☐ Pour about half the dressing into a small container; cover and reserve.
- ☐ Add noodles to large bowl and mix to coat; cover and chill until cold, about 1 hour, or up to 1 day.
- ☐ Just before serving, add protein, vegetables, and reserved dressing to noodles; mix to coat.
- ☐ Protein Options: Sliced tofu, shredded chicken, cooked shrimp
- ☐ Vegetable Options: Baby spinach leaves, sliced green onions, orange segments, slivered Napa cabbage, shredded carrots, snow peas, thinly sliced red or yellow bell peppers, sliced cucumbers, broccoli florets

Nutrition Facts



Properties

Glycemic Index:54.17, Glycemic Load:37.42, Inflammation Score:-10, Nutrition Score:32.175217384877%

Nutrients (% of daily need)

Calories: 622.86kcal (31.14%), Fat: 10.35g (15.92%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 85.64g (28.55%), Net Carbohydrates: 75.24g (27.36%), Sugar: 0.07g (0.08%), Cholesterol: 0mg (0%), Sodium: 1419.63mg (61.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.04g (122.07%), Vitamin A: 9242.02IU (184.84%), Manganese: 2.26mg (113.18%), Phosphorus: 728.86mg (72.89%), Iron: 11.69mg (64.96%), Copper: 1.22mg (60.79%), Folate: 195.81µg (48.95%), Vitamin B1: 0.68mg (45.53%), Fiber: 10.4g (41.6%), Magnesium: 141.52mg (35.38%), Zinc: 4.34mg (28.95%), Vitamin B3: 5.56mg (27.81%), Vitamin C: 19.11mg (23.17%), Vitamin B6: 0.42mg (21.14%), Vitamin B2:

0.32mg (18.87%), Potassium: 649.81mg (18.57%), Calcium: 171.23mg (17.12%), Vitamin B5: 1.07mg (10.72%), Selenium: 1.28µg (1.83%)