



Soba Noodle Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



19 min.

SERVINGS



4

CALORIES



148 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup bell pepper red (2-inch-long)
- ☐ 1 teaspoon brown sugar
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 tablespoon sesame oil dark
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 1.5 tablespoons soy sauce
- ☐ 0.5 cup snow peas

☐ 4 ounces bulgar wheat uncooked (buckwheat noodles)

Equipment

☐ bowl

☐ whisk

Directions

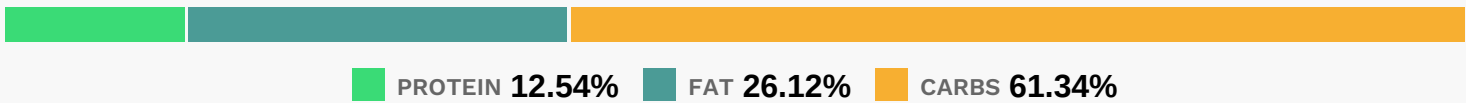
☐ Cook soba according to package directions, omitting salt and fat; drain and rinse with cold water.

☐ Drain well.

☐ Combine soy sauce, dark sesame oil, brown sugar, lemon juice, and crushed red pepper in a medium bowl, stirring well with a whisk.

☐ Add noodles, red bell pepper, snow peas, and green onions; toss well.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:9.4, Inflammation Score:-7, Nutrition Score:10.13521738156%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg

Nutrients (% of daily need)

Calories: 148.15kcal (7.41%), Fat: 4.6g (7.07%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 24.28g (8.09%), Net Carbohydrates: 20.49g (7.45%), Sugar: 2.47g (2.75%), Cholesterol: 0mg (0%), Sodium: 220.87mg (9.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.93%), Vitamin C: 33.09mg (40.11%), Manganese: 0.46mg (22.89%), Magnesium: 76.44mg (19.11%), Copper: 0.33mg (16.74%), Vitamin K: 17.52µg (16.69%), Vitamin A: 815.79IU (16.32%), Fiber: 3.8g (15.19%), Phosphorus: 122.55mg (12.25%), Vitamin B3: 2.36mg (11.82%), Vitamin B2: 0.17mg (9.82%), Vitamin B6: 0.15mg (7.53%), Folate: 29.28µg (7.32%), Potassium: 238.28mg (6.81%), Iron: 1.16mg (6.46%), Zinc: 0.84mg (5.59%), Vitamin B5: 0.53mg (5.29%), Vitamin B1: 0.06mg (4.24%), Selenium: 2.56µg (3.66%), Vitamin

E: 0.5mg (3.34%), Calcium: 19.33mg (1.93%)