



WHATSheATE



Soba Noodle Salad



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



326 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 Tbsp seasoned rice vinegar
- ☐ 1 Tbsp sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 large garlic clove minced
- ☐ 1.5 Tbsp juice of lime fresh
- ☐ 1 lime zest
- ☐ 1.5 teaspoons sesame oil dark
- ☐ 6 ounces soba noodles

- ☐ 0.5 large bell pepper red chopped
- ☐ 1 small mangos ripe peeled chopped
- ☐ 0.5 cup basil fresh thinly sliced
- ☐ 0.5 cup mint leaves fresh thinly sliced
- ☐ 0.5 cup peanuts salted toasted chopped

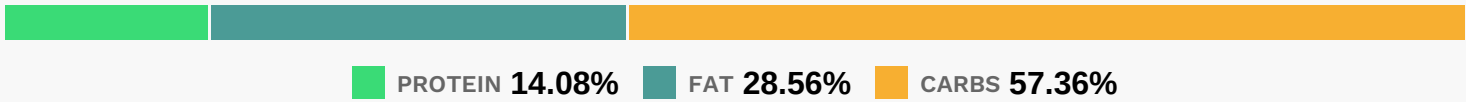
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place the rice vinegar, sugar, and salt in a saucepan over medium heat for 1–2 minutes until the sugar and salt dissolve. Stir in the garlic and allow to cool.
- ☐ Add the lime juice, lime zest, and sesame oil and mix well.
- ☐ Cook the noodles: Cook the noodles in salted water, until al dente, according to the package instructions.
- ☐ Drain and then rinse well under cool water.
- ☐ Transfer the noodles to a large bowl and toss with the dressing.
- ☐ Add the mango, bell pepper, basil and mint. Toss and plate.
- ☐ Serve with chopped peanuts sprinkled over the top.

Nutrition Facts



Properties

Glycemic Index:97.09, Glycemic Load:23.11, Inflammation Score:-9, Nutrition Score:17.094782663428%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol:

1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg Hesperetin: 8.28mg, Hesperetin: 8.28mg, Hesperetin: 8.28mg, Hesperetin: 8.28mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 325.94kcal (16.3%), Fat: 11.13g (17.13%), Saturated Fat: 1.73g (10.81%), Carbohydrates: 50.31g (16.77%), Net Carbohydrates: 46.42g (16.88%), Sugar: 11.35g (12.61%), Cholesterol: 0mg (0%), Sodium: 565.41mg (24.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.35g (24.7%), Vitamin C: 54.2mg (65.7%), Manganese: 1.16mg (58.13%), Vitamin A: 1610.24IU (32.2%), Vitamin B3: 4.81mg (24.03%), Folate: 90.57µg (22.64%), Magnesium: 86.98mg (21.75%), Phosphorus: 202.84mg (20.28%), Vitamin B1: 0.3mg (20.07%), Copper: 0.33mg (16.29%), Fiber: 3.89g (15.55%), Vitamin K: 15.98µg (15.22%), Vitamin B6: 0.3mg (15.03%), Potassium: 447.04mg (12.77%), Iron: 2.24mg (12.47%), Vitamin B5: 0.9mg (9%), Zinc: 1.31mg (8.74%), Vitamin B2: 0.13mg (7.69%), Calcium: 68.37mg (6.84%), Vitamin E: 0.88mg (5.9%), Selenium: 2.02µg (2.88%)