



WHATSheATE



Soba Noodle Salad with Citrus Vinaigrette



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



425 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup matchstick-cut carrots
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon sesame oil dark
- ☐ 1.3 cups edamame green frozen shelled (soybeans)
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup green onions sliced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon soya sauce low-sodium

- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons orange juice fresh
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons serrano chile chopped
- ☐ 1 pound shrimp deveined peeled
- ☐ 8 ounce soba noodles

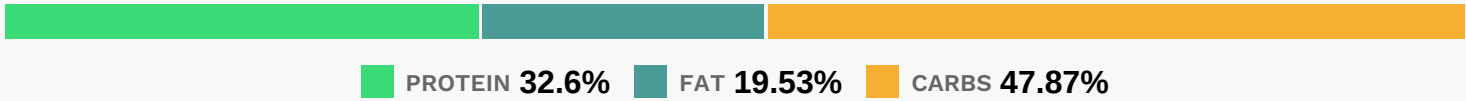
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook noodles in boiling water 7 minutes or until almost al dente.
- ☐ Add soybeans to pan; cook 1 minute or until thoroughly heated.
- ☐ Drain.
- ☐ Place noodle mixture in a large bowl.
- ☐ Add carrots, onions, cilantro, and chile; toss.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Sprinkle shrimp with salt and pepper. Coat pan with cooking spray.
- ☐ Add shrimp; cook 1 1/2 minutes on each side.
- ☐ Add shrimp to noodle mixture.
- ☐ Combine orange juice and remaining ingredients in a bowl, stirring well with a whisk.
- ☐ Drizzle juice mixture over noodle mixture; toss well.

Nutrition Facts



Properties

Glycemic Index:50.13, Glycemic Load:22.81, Inflammation Score:-9, Nutrition Score:17.33739128061%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 424.67kcal (21.23%), Fat: 9.62g (14.79%), Saturated Fat: 1.19g (7.41%), Carbohydrates: 53.02g (17.67%), Net Carbohydrates: 50.1g (18.22%), Sugar: 3.48g (3.86%), Cholesterol: 182.57mg (60.86%), Sodium: 893.89mg (38.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.11g (72.22%), Vitamin A: 3434.64IU (68.69%), Manganese: 0.86mg (42.85%), Phosphorus: 406.22mg (40.62%), Copper: 0.62mg (30.78%), Magnesium: 102.35mg (25.59%), Potassium: 775.79mg (22.17%), Vitamin K: 23.06µg (21.96%), Iron: 3.83mg (21.26%), Vitamin B1: 0.3mg (19.72%), Zinc: 2.61mg (17.39%), Calcium: 148.3mg (14.83%), Folate: 51.21µg (12.8%), Fiber: 2.93g (11.7%), Vitamin C: 9.08mg (11.01%), Vitamin B3: 2.1mg (10.51%), Vitamin B6: 0.18mg (9.17%), Vitamin B5: 0.69mg (6.86%), Vitamin B2: 0.1mg (6.09%), Vitamin E: 0.65mg (4.31%)