



Soba Noodle Salad with Peanut Sauce

 Vegetarian  Dairy Free

READY IN



135 min.

SERVINGS



4

CALORIES



248 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 oz soba noodles uncooked (buckwheat)
- 2 cups green beans frozen organic thawed cascadian farm® (from 16-oz bag)
- 1 tablespoon peanut butter
- 1 tablespoon soya sauce
- 1 tablespoon apple cider vinegar
- 2 teaspoons honey
- 2 teaspoons chili paste depending on your taste pref with garlic hot
- 0.3 cup water

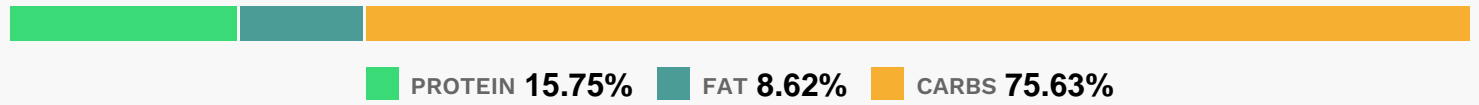
Equipment

- bowl
- whisk
- microwave

Directions

- Cook noodles as directed on package, adding green beans for the last 4 minutes of cook time. Rinse with cold water; drain.
- In microwavable bowl, mix remaining ingredients; microwave uncovered on High 15 to 20 seconds or until softened. Beat sauce with wire whisk until smooth.
- In large bowl, toss green beans and cooked noodles with sauce. Refrigerate at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:54.94, Glycemic Load:24.94, Inflammation Score:-6, Nutrition Score:11.264782680118%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 248.17kcal (12.41%), Fat: 2.58g (3.97%), Saturated Fat: 0.51g (3.19%), Carbohydrates: 50.92g (16.97%), Net Carbohydrates: 49.19g (17.89%), Sugar: 5.4g (6%), Cholesterol: 0mg (0%), Sodium: 722.7mg (31.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.61g (21.21%), Manganese: 0.94mg (47.2%), Vitamin K: 23.69µg (22.56%), Vitamin B1: 0.33mg (21.85%), Magnesium: 76.93mg (19.23%), Phosphorus: 186.07mg (18.61%), Vitamin B3: 2.98mg (14.89%), Folate: 56.74µg (14.18%), Iron: 2.32mg (12.87%), Vitamin B6: 0.25mg (12.26%), Copper: 0.2mg (9.96%), Vitamin B2: 0.15mg (8.73%), Potassium: 304.84mg (8.71%), Vitamin C: 7.13mg (8.64%), Zinc: 1.24mg (8.25%), Vitamin A: 384.48IU (7.69%), Vitamin B5: 0.73mg (7.26%), Fiber: 1.73g (6.93%), Calcium: 44.62mg (4.46%), Vitamin E: 0.6mg (3.97%)