



Soba Noodle Salad with Vegetables and Tofu



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



455 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon bottled garlic minced
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 0.3 cup brown sugar packed
- ☐ 1 cup carrots shredded
- ☐ 1 teaspoon chili paste depending on your taste pref with garlic
- ☐ 2 teaspoons sesame oil dark
- ☐ 2 cups bean sprouts fresh
- ☐ 0.5 cup cilantro leaves fresh chopped

- ☐ 0.5 cup soy sauce low-sodium
- ☐ 3 cups napa cabbage chinese very thinly sliced ()
- ☐ 2 tablespoons orange juice
- ☐ 1 tablespoon rice vinegar
- ☐ 1 tablespoon sesame seed toasted
- ☐ 4 cups spaghetti whole wheat hot cooked uncooked (8 ounces buckwheat noodles)
- ☐ 12.3 ounce tofu firm drained cut into 1-inch cubes

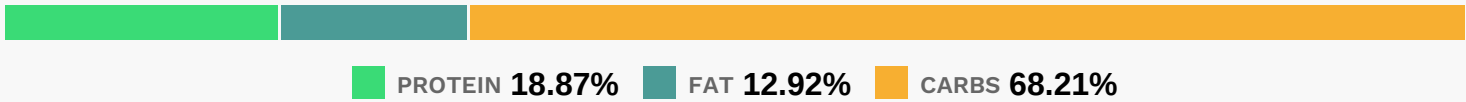
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare dressing, combine first 9 ingredients in a small bowl; stir with a whisk.
- ☐ To prepare salad, combine noodles and remaining ingredients in a large bowl.
- ☐ Drizzle with dressing, tossing well to coat.

Nutrition Facts



Properties

Glycemic Index:61.57, Glycemic Load:1.82, Inflammation Score:-10, Nutrition Score:29.671739070312%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 454.55kcal (22.73%), Fat: 6.93g (10.66%), Saturated Fat: 0.96g (5.97%), Carbohydrates: 82.25g (27.42%), Net Carbohydrates: 79.2g (28.8%), Sugar: 15.3g (17%), Cholesterol: 0mg (0%), Sodium: 956.13mg (41.57%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 22.76g (45.52%), Manganese: 2.83mg (141.47%), Vitamin A: 4554.27IU (91.09%), Selenium: 59.96µg (85.66%), Vitamin K: 41.88µg (39.89%), Magnesium: 158.51mg (39.63%), Vitamin B1: 0.49mg (32.92%), Folate: 128.06µg (32.02%), Phosphorus: 308.46mg (30.85%), Vitamin C: 23.69mg (28.71%), Iron: 5.07mg (28.16%), Copper: 0.56mg (27.83%), Vitamin B3: 5.3mg (26.52%), Vitamin B6: 0.44mg (21.77%), Calcium: 204.77mg (20.48%), Zinc: 2.59mg (17.28%), Potassium: 571.83mg (16.34%), Vitamin B2: 0.28mg (16.22%), Fiber: 3.05g (12.2%), Vitamin B5: 1.19mg (11.91%), Vitamin E: 0.45mg (2.97%)