

the

5

factor

world diet

WEIGHT-LOSS SECRETS
FROM THE HEALTHIEST
NATIONS ON THE PLANET
— UNLOCKED!



HEALTH SCORE

55%

Soba Noodle Stir-Fry



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



270 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 stalk broccoli thinly sliced cut into small florets, stems
- 4 ounces extra tofu dry drained cut into small cubes
- 2 cloves garlic minced
- 1 tablespoon soy sauce reduced-sodium
- 1 tablespoon rice vinegar
- 2 servings salt
- 1 tablespoon creamy peanut butter reduced-fat
- 3 ounces soba noodles

- 2 ounces sugar snap peas

Equipment

- bowl
- frying pan
- whisk

Directions

- Cook the noodles according to the package directions.
- Drain and rinse well under cold water to prevent sticking.
- Lightly coat a large nonstick skillet with cooking spray; place over medium-high heat.
- Add the tofu and season with salt. Cook for 8 minutes, until golden, stirring occasionally.
- Transfer to a platter.
- Coat the skillet again with cooking spray; place over medium-high heat.
- Add the broccoli, peas, and a splash of water. Cover and cook for 5 minutes, until the vegetables are crisp-tender.
- Meanwhile, make the sauce. In a small bowl, whisk together the peanut butter and 2 tablespoons water.
- Whisk in the vinegar, soy sauce, and pepper flakes, if desired.
- Add the reserved noodles, the tofu, garlic, and sauce to the vegetables. Cook for 2 minutes, tossing, until the noodles are warmed through.
- Serve.
- Taste
- Book, using the USDA Nutrition Database
- The 5-Factor World Diet by Harley Pasternak, M.Sc. and Laura Moser. Copyright © 2010 by Harley Pasternak, M.Sc. and Laura Moser. Published by Ballantine Books. All Right Reserved. Harley Pasternak, M.Sc., has appeared on The Oprah Winfrey Show, The Tyra Banks Show, Access Hollywood, Extra, VH1, E!, and many times on the Today Show. He holds a Masters of Science in exercise physiology and nutritional sciences and an honors degree in kinesiology. He is also certified by the American College of Sports Medicine and the Canadian Society of Exercise Physiology. He lives in Los Angeles, California.

Nutrition Facts

PROTEIN 22.05% FAT 18.17% CARBS 59.78%

Properties

Glycemic Index:89.25, Glycemic Load:18.11, Inflammation Score:-8, Nutrition Score:21.899565447932%

Flavonoids

Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 269.87kcal (13.49%), Fat: 5.84g (8.99%), Saturated Fat: 1.14g (7.12%), Carbohydrates: 43.25g (14.42%), Net Carbohydrates: 39.99g (14.54%), Sugar: 3.89g (4.32%), Cholesterol: 0mg (0%), Sodium: 915.34mg (39.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.95g (31.9%), Vitamin C: 85.29mg (103.38%), Vitamin K: 84.17µg (80.16%), Manganese: 0.98mg (49.15%), Phosphorus: 274.88mg (27.49%), Magnesium: 98.24mg (24.56%), Vitamin B1: 0.37mg (24.35%), Folate: 95.48µg (23.87%), Vitamin B6: 0.37mg (18.56%), Iron: 3.27mg (18.14%), Vitamin B3: 3.33mg (16.64%), Potassium: 575.27mg (16.44%), Copper: 0.32mg (15.89%), Vitamin A: 778.79IU (15.58%), Vitamin B2: 0.22mg (13.14%), Fiber: 3.26g (13.04%), Vitamin B5: 1.18mg (11.79%), Zinc: 1.76mg (11.71%), Vitamin E: 1.46mg (9.76%), Calcium: 92.49mg (9.25%), Selenium: 2.92µg (4.17%)