



Soba Noodle-Vegetable Salad

 Dairy Free

READY IN



21 min.

SERVINGS



6

CALORIES



121 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup basil leaves fresh shredded
- 6 large bibb lettuce leaves
- 1.5 cups carrots shredded
- 0.5 teaspoon chili flakes
- 0.5 teaspoon fish sauce low-sodium
- 1 tablespoon cilantro leaves fresh chopped
- 1 teaspoon garlic finely minced
- 1 teaspoon juice of lime

- 0.5 teaspoon lime zest
- 0.3 cup mint leaves fresh shredded
- 1 pepper red
- 0.3 cup rice vinegar
- 6 servings salt
- 0.5 teaspoon sesame oil
- 1 large shallots very thinly sliced
- 4 ounces soba noodles whole-wheat
- 1 teaspoon sugar
- 1 tablespoon walnut oil (or canola oil)

Equipment

- bowl

Directions

- Boil noodles according to package directions.
- Drain and cool. In a medium to large bowl, combine noodles, shallot, carrot, pepper, basil, mint, and cilantro.
- Combine all dressing ingredients, season with salt to taste, add to noodle mixture, and toss lightly.
- Snap off Bibb lettuce leaves and wash and dry. To serve, scoop spoonfuls of noodle salad into the lettuce leaves.

Nutrition Facts



PROTEIN 11.9% **FAT 22.39%** **CARBS 65.71%**

Properties

Glycemic Index:65.49, Glycemic Load:1.96, Inflammation Score:-10, Nutrition Score:14.290434921889%

Flavonoids

Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 120.77kcal (6.04%), Fat: 3.17g (4.87%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 20.91g (6.97%), Net Carbohydrates: 19g (6.91%), Sugar: 3.55g (3.94%), Cholesterol: 0mg (0%), Sodium: 262.59mg (11.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.57%), Vitamin A: 6694.92IU (133.9%), Manganese: 0.75mg (37.41%), Vitamin C: 29.67mg (35.97%), Vitamin K: 28.21µg (26.87%), Selenium: 14.2µg (20.29%), Folate: 42.55µg (10.64%), Magnesium: 40.38mg (10.09%), Vitamin B6: 0.19mg (9.41%), Vitamin B1: 0.14mg (9.29%), Vitamin B3: 1.63mg (8.16%), Phosphorus: 77.04mg (7.7%), Fiber: 1.91g (7.64%), Potassium: 261.11mg (7.46%), Iron: 1.32mg (7.34%), Vitamin E: 1.04mg (6.96%), Copper: 0.13mg (6.39%), Vitamin B2: 0.08mg (4.88%), Zinc: 0.68mg (4.51%), Vitamin B5: 0.39mg (3.89%), Calcium: 37.39mg (3.74%)