



## Soba Noodles with Ginger Sauce

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



307 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup eggs fat-free
- 8 oz soba noodles uncooked (buckwheat)
- 1 cup peas sweet frozen
- 3 tablespoons soya sauce
- 2 tablespoons juice of lemon
- 1 tablespoon vegetable oil
- 2 teaspoons ginger finely chopped
- 0.1 teaspoon hot sauce red

- 1 clove garlic
- 1 cup pkt spinach shredded

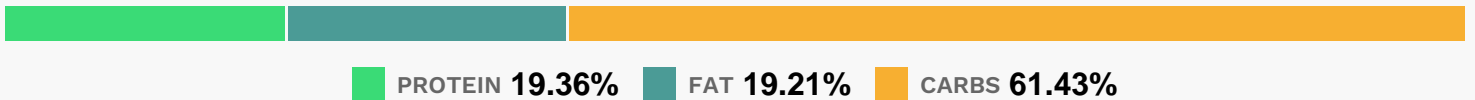
## Equipment

- bowl
- frying pan

## Directions

- Spray 10-inch nonstick skillet with cooking spray; heat over medium heat.
- Pour 1/4 cup of the egg product into skillet; rotate skillet to cover bottom. Cook about 1 minute or until egg product is set.
- Roll up cooked egg; remove from skillet and cool. Repeat with remaining egg product.
- Cook noodles as directed on package, adding peas for last 3 minutes of cooking; drain.
- In large bowl, mix soy sauce, lemon juice, oil, gingerroot, pepper sauce and garlic clove until well blended. Finely shred egg rolls.
- Add shredded egg rolls, noodles, peas and spinach to mixture in bowl; stir gently until evenly coated.

## Nutrition Facts



## Properties

Glycemic Index:47.21, Glycemic Load:23.83, Inflammation Score:-8, Nutrition Score:17.455217402914%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 306.77kcal (15.34%), Fat: 6.91g (10.63%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 49.72g (16.57%), Net Carbohydrates: 47.32g (17.21%), Sugar: 2.64g (2.94%), Cholesterol: 113mg (37.67%), Sodium: 1257.67mg (54.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.67g (31.34%), Manganese: 1.04mg (51.98%), Vitamin K: 51.58µg (49.12%), Phosphorus: 266.63mg (26.66%), Vitamin B1: 0.4mg (26.54%), Vitamin C: 19.89mg (24.11%), Vitamin A: 1145.33IU (22.91%), Folate: 90.48µg (22.62%), Magnesium: 81.87mg (20.47%), Vitamin B2: 0.3mg (17.5%), Iron: 3.15mg (17.48%), Vitamin B3: 3.21mg (16.04%), Vitamin B6: 0.31mg (15.26%), Selenium: 10.28µg (14.69%), Zinc: 1.92mg (12.83%), Copper: 0.25mg (12.49%), Vitamin B5: 1.12mg (11.16%), Potassium: 358.78mg (10.25%), Fiber: 2.4g (9.59%), Calcium: 58.02mg (5.8%), Vitamin E: 0.81mg (5.41%), Vitamin B12: 0.27µg (4.51%), Vitamin D: 0.61µg (4.05%)