



Soba Noodles with Miso-Glazed Tofu and Vegetables



Vegetarian



Vegan



Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



335 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound asparagus spears trimmed cut into 1-inch pieces
- ☐ 2.5 tablespoons canola oil divided
- ☐ 1 teaspoon sesame oil dark
- ☐ 14 ounce extra-firm tofu drained
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon ginger minced peeled
- ☐ 0.3 cup green onions thinly sliced

- ☐ 1 tablespoon lower-sodium soy sauce
- ☐ 3 tablespoons rice vinegar
- ☐ 6 ounces mushroom caps
- ☐ 4 ounces soba noodles organic uncooked
- ☐ 1.5 teaspoons sugar
- ☐ 2 tablespoons miso white

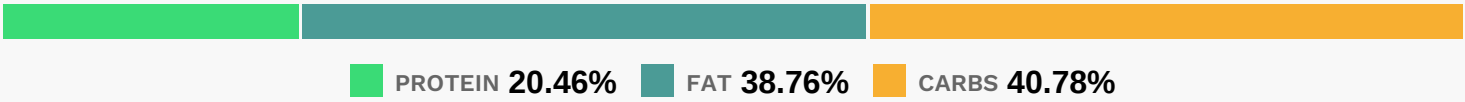
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine 1 tablespoon canola oil and next 7 ingredients (through sesame oil) in a medium bowl, stirring with a whisk.
- ☐ Cook noodles according to package directions; drain and rinse.
- ☐ Combine noodles and 1/4 cup miso mixture in a bowl; toss to coat.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 tablespoon canola oil to pan; swirl to coat.
- ☐ Cut tofu crosswise into 4 (1-inch-thick) slices.
- ☐ Add tofu to pan; cook 3 minutes on each side or until browned.
- ☐ Add 1 tablespoon miso mixture to pan; toss to coat.
- ☐ Remove tofu from pan; keep warm.
- ☐ Add remaining 1 1/2 teaspoons canola oil to pan; swirl to coat.
- ☐ Add mushrooms and asparagus to pan; saut 4 minutes or until tender.
- ☐ Add remaining 2 tablespoons miso mixture to pan; toss to coat.
- ☐ Sprinkle with green onions. Arrange 1/2 cup noodle mixture in each of 4 bowls; top each serving with 1/2 cup vegetable mixture and 1 tofu steak.

Nutrition Facts



Properties

Glycemic Index:97.4, Glycemic Load:14.97, Inflammation Score:-8, Nutrition Score:18.357391450068%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 16.56mg, Quercetin: 16.56mg, Quercetin: 16.56mg, Quercetin: 16.56mg

Nutrients (% of daily need)

Calories: 335.35kcal (16.77%), Fat: 15.22g (23.42%), Saturated Fat: 1.46g (9.13%), Carbohydrates: 36.04g (12.01%), Net Carbohydrates: 31.07g (11.3%), Sugar: 5.69g (6.32%), Cholesterol: 0mg (0%), Sodium: 697.46mg (30.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.08g (36.16%), Vitamin K: 69.01µg (65.73%), Manganese: 0.79mg (39.35%), Iron: 4.96mg (27.58%), Folate: 89.13µg (22.28%), Vitamin B1: 0.32mg (21.49%), Phosphorus: 205.2mg (20.52%), Fiber: 4.96g (19.86%), Copper: 0.39mg (19.68%), Vitamin B3: 3.85mg (19.25%), Vitamin E: 2.88mg (19.23%), Vitamin B2: 0.33mg (19.21%), Vitamin A: 927.18IU (18.54%), Calcium: 177.2mg (17.72%), Vitamin B6: 0.35mg (17.53%), Magnesium: 60.78mg (15.19%), Potassium: 494.51mg (14.13%), Vitamin B5: 1.28mg (12.81%), Zinc: 1.84mg (12.26%), Vitamin C: 8.24mg (9.98%), Selenium: 6.05µg (8.64%), Vitamin D: 0.17µg (1.13%)