



Soba Noodles with Shiitakes and Edamame



Vegetarian



Vegan



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



442 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 bunch cilantro leaves 2 cups leaves



1 cup edamame frozen shelled



4 servings kosher salt



1 bunch mint leaves 1 cup leaves



1.5 tablespoons rice vinegar not seasoned



1 bunch scallions roughly chopped



1.5 teaspoons sesame oil toasted



12 ounces mushroom caps stemmed sliced

- ☐ 12 ounces soba noodles
- ☐ 1.5 tablespoons soya sauce
- ☐ 1 tablespoon sriracha Asian chile sauce
- ☐ 2 tablespoons vegetable oil

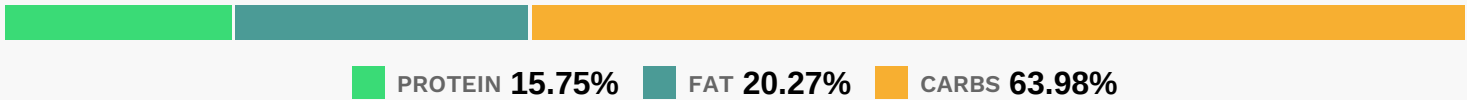
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil. Meanwhile, heat the vegetable oil in a medium skillet over medium-high heat.
- ☐ Add the mushrooms and season with salt. Cook, stirring occasionally, until golden and tender, about 4 minutes.
- ☐ Transfer to a large bowl; let cool slightly.
- ☐ Add the noodles and edamame to the boiling water. Cook until the noodles are al dente, 5 to 6 minutes.
- ☐ Drain and run under cold water until cool; add to the bowl with the mushrooms.
- ☐ Pulse all but a few cilantro leaves, the mint, scallions, 2 tablespoons water, the soy sauce, vinegar, Sriracha and sesame oil in a food processor until roughly chopped; toss with the noodles and edamame. Top with the remaining cilantro.
- ☐ Photograph by Justin Walker

Nutrition Facts



Properties

Glycemic Index:53.38, Glycemic Load:34.63, Inflammation Score:-6, Nutrition Score:18.28869545978%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 441.62kcal (22.08%), Fat: 10.61g (16.32%), Saturated Fat: 1.37g (8.58%), Carbohydrates: 75.33g (25.11%), Net Carbohydrates: 71.35g (25.95%), Sugar: 3.34g (3.71%), Cholesterol: 0mg (0%), Sodium: 1340.29mg (58.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.55g (37.1%), Manganese: 1.36mg (68.13%), Phosphorus: 324.56mg (32.46%), Vitamin B3: 6.37mg (31.87%), Vitamin K: 31.41µg (29.91%), Vitamin B1: 0.43mg (28.77%), Magnesium: 103.25mg (25.81%), Vitamin B6: 0.48mg (23.99%), Iron: 4mg (22.22%), Vitamin B5: 2.14mg (21.35%), Potassium: 691.69mg (19.76%), Vitamin B2: 0.32mg (18.75%), Folate: 69.72µg (17.43%), Copper: 0.34mg (16.98%), Zinc: 2.41mg (16.06%), Fiber: 3.98g (15.92%), Calcium: 72.15mg (7.21%), Selenium: 4.99µg (7.12%), Vitamin C: 4.42mg (5.35%), Vitamin A: 242.52IU (4.85%), Vitamin E: 0.66mg (4.43%), Vitamin D: 0.34µg (2.27%)