



Soba Noodles with Shrimp and Wakame

 Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



541 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 package enoki mushrooms ends trimmed
- 3 servings lime wedges for serving
- 4 cups chicken broth low-sodium homemade store-bought
- 2 teaspoons mirin
- 9.5 ounces soup noodles dry (soba)
- 5 spring onion light green thinly sliced
- 2 tablespoons kombu dried green (wakame)
- 1 tablespoon sesame oil

- 0.8 pound shrimp deveined peeled
- 2 tablespoons soya sauce
- 3 servings sriracha for serving

Equipment

- bowl
- frying pan

Directions

- Heat the stock in a 12-inch skillet until it reaches an active boil.
- Add the noodles and cook until 2 minutes below cooking time according to the package instructions.
- Add the shrimp, seaweed, and enoki mushrooms, stirring to combine, until the shrimp have cooked through and the mushrooms and seaweed have softened, about 3 minutes.
- Season with the soy sauce, mirin and sesame oil, stirring to combine. Finish with a generous squeeze of lime and a sprinkle of the scallions and divide among the serving bowls.
- Serve with Sriracha to taste.

Nutrition Facts



Properties

Glycemic Index:40.33, Glycemic Load:27.36, Inflammation Score:-5, Nutrition Score:20.727391429569%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 541.42kcal (27.07%), Fat: 8.56g (13.17%), Saturated Fat: 1.61g (10.03%), Carbohydrates: 74.77g (24.92%), Net Carbohydrates: 71.2g (25.89%), Sugar: 4.3g (4.78%), Cholesterol: 182.57mg (60.86%), Sodium: 944.19mg

(41.05%), Alcohol: 0.33g (100%), Alcohol %: 0.08% (100%), Protein: 42.49g (84.98%), Selenium: 56.99µg (81.41%), Phosphorus: 531.68mg (53.17%), Manganese: 0.96mg (47.98%), Copper: 0.9mg (45.07%), Vitamin K: 44.33µg (42.22%), Vitamin B3: 6.46mg (32.29%), Magnesium: 103.37mg (25.84%), Potassium: 856.15mg (24.46%), Zinc: 3.27mg (21.83%), Iron: 3.1mg (17.25%), Fiber: 3.57g (14.28%), Calcium: 126.75mg (12.68%), Vitamin B2: 0.19mg (11.09%), Vitamin B6: 0.2mg (9.81%), Folate: 37.37µg (9.34%), Vitamin B1: 0.1mg (6.78%), Vitamin B12: 0.31µg (5.24%), Vitamin C: 4.23mg (5.12%), Vitamin B5: 0.48mg (4.75%), Vitamin A: 203.93IU (4.08%), Vitamin E: 0.31mg (2.04%)