



## Soba Noodles with Spicy Cumin Lamb

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



410 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 teaspoon five-spice powder
- 9 baby carrots halved lengthwise
- 1.5 cups broccoli florets
- 0.4 teaspoon pepper red crushed
- 1 teaspoon cumin seeds
- 1 tablespoon sesame oil dark
- 1 teaspoon garlic minced
- 8 ounces lamb

- 4.5 teaspoons hoisin sauce
- 0.5 cup lower-sodium chicken broth fat-free
- 0.5 cup bell pepper red thinly sliced
- 2 tablespoons rice vinegar
- 1 cup snow peas trimmed
- 7 ounces soba noodles uncooked

## Equipment

- bowl
- frying pan
- whisk
- wok
- slotted spoon

## Directions

- Cook noodles according to package directions.
- Drain and rinse; drain well.
- Combine chicken broth and next 4 ingredients (through 1/4 teaspoon five-spice powder) in a small bowl, stirring with a whisk.
- Heat a large wok or skillet over medium-high heat.
- Add lamb; cook 2 1/2 minutes or until browned, stirring to crumble.
- Remove lamb from pan with a slotted spoon; set aside.
- Return pan to medium-high heat.
- Add oil to drippings in pan; swirl to coat.
- Add cumin and red pepper; cook 30 seconds or until seeds begin to pop, stirring frequently.
- Add vegetables to pan; cook 5 minutes, stirring frequently.
- Add lamb and broth mixture; cook 1 1/2 minutes or until liquid is slightly reduced.
- Serve over noodles.

## Nutrition Facts

PROTEIN 18.26% FAT 37.61% CARBS 44.13%

## Properties

Glycemic Index:51.63, Glycemic Load:20.2, Inflammation Score:-10, Nutrition Score:24.656956252844%

## Flavonoids

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

## Nutrients (% of daily need)

Calories: 409.72kcal (20.49%), Fat: 17.72g (27.26%), Saturated Fat: 6.45g (40.29%), Carbohydrates: 46.79g (15.6%), Net Carbohydrates: 43.92g (15.97%), Sugar: 4.68g (5.2%), Cholesterol: 41.53mg (13.84%), Sodium: 589.05mg (25.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.36g (38.71%), Vitamin C: 69.91mg (84.74%), Vitamin A: 4227.87IU (84.56%), Manganese: 0.89mg (44.58%), Vitamin K: 46.74µg (44.51%), Vitamin B3: 5.75mg (28.77%), Phosphorus: 269.02mg (26.9%), Vitamin B1: 0.38mg (25.63%), Folate: 87.59µg (21.9%), Vitamin B12: 1.31µg (21.83%), Iron: 3.77mg (20.97%), Zinc: 3.14mg (20.95%), Magnesium: 80.45mg (20.11%), Vitamin B6: 0.39mg (19.47%), Selenium: 12.21µg (17.44%), Potassium: 585.07mg (16.72%), Vitamin B2: 0.28mg (16.57%), Vitamin B5: 1.38mg (13.82%), Copper: 0.25mg (12.5%), Fiber: 2.86g (11.46%), Calcium: 71.68mg (7.17%), Vitamin E: 0.92mg (6.13%)