



Soba Noodles with Tofu

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



340 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 ounce less-sodium chicken broth fat-free canned
- 0.3 cup green onions thinly sliced
- 0.3 cup soya sauce low-sodium
- 3 tablespoons mirin sweet (rice wine)
- 0.3 cup sheets nori seaweed finely chopped (roasted seaweed; 1 sheet)
- 2 teaspoons sesame seed toasted
- 8 ounce soba uncooked (buckwheat noodles)
- 2 teaspoons sugar

1 pound spicy tofu soft drained cut into 1/2-inch cubes

Equipment

bowl

sauce pan

ladle

Directions

Cook noodles according to package directions, omitting salt and fat.

Drain well.

While noodles cook, combine soy sauce, sugar, mirin, and broth in a medium saucepan; bring to a boil.

Pour into a bowl; cover and place in freezer about 8 minutes to cool slightly.

Place 3/4 cup noodles in each of 4 shallow bowls; divide tofu evenly among bowls. Ladle 1/2 cup broth into each bowl; sprinkle each serving with 1 tablespoon nori, 1 tablespoon onions, and 1/2 teaspoon sesame seeds.

Nutrition Facts



Properties

Glycemic Index:51.02, Glycemic Load:19.92, Inflammation Score:-7, Nutrition Score:15.813478288443%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 9.39mg, Quercetin: 9.39mg, Quercetin: 9.39mg

Nutrients (% of daily need)

Calories: 340.22kcal (17.01%), Fat: 7.76g (11.93%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 48.86g (16.29%), Net Carbohydrates: 41.7g (15.16%), Sugar: 2.82g (3.14%), Cholesterol: 0mg (0%), Sodium: 1078.46mg (46.89%), Alcohol: 1.81g (100%), Alcohol %: 0.69% (100%), Protein: 20.26g (40.51%), Manganese: 0.88mg (44.07%), Magnesium: 166.43mg (41.61%), Copper: 0.72mg (35.97%), Fiber: 7.16g (28.65%), Phosphorus: 251.16mg (25.12%), Vitamin B3: 4.94mg (24.71%), Vitamin K: 22.7µg (21.62%), Iron: 3.65mg (20.3%), Calcium: 200.94mg (20.09%), Vitamin B2: 0.33mg (19.59%), Folate: 56.74µg (14.19%), Zinc: 1.8mg (11.97%), Selenium: 7.93µg (11.34%), Potassium: 388.88mg

(11.11%), Vitamin B5: 0.99mg (9.86%), Vitamin B6: 0.17mg (8.62%), Vitamin B1: 0.09mg (6.02%), Vitamin B12: 0.23µg (3.78%), Vitamin C: 1.62mg (1.96%), Vitamin A: 79.56IU (1.59%), Vitamin E: 0.23mg (1.54%)