



Soba Noodles with Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



350 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 tablespoon canola oil



2 teaspoons sesame oil dark



1 tablespoon ginger fresh minced peeled



1 tablespoon garlic minced



0.3 cup soya sauce low-sodium



0.5 cup mirin sweet rice wine



1 cup onion sliced



1 cup bell pepper red sliced

- ☐ 0.3 teaspoon salt
- ☐ 7 ounce mushroom caps trimmed sliced
- ☐ 1 cup snow peas trimmed halved
- ☐ 8 ounces soba uncooked buckwheat noodles

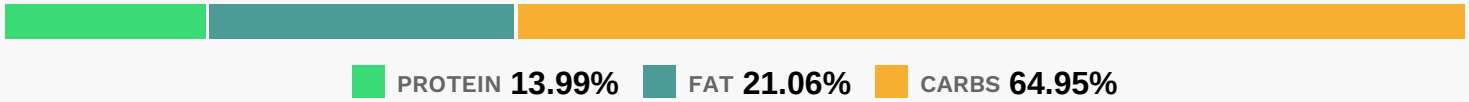
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook noodles according to package directions; drain, reserving 1 tablespoon pasta water. Keep noodles warm.
- ☐ Heat canola oil in a large nonstick skillet over medium-high heat.
- ☐ Add ginger and garlic; saut 30 seconds.
- ☐ Add onion and bell pepper; cook 3 minutes or until golden brown, stirring often.
- ☐ Add mushrooms, salt, and reserved 1 tablespoon pasta water; cook 2 minutes or until mushrooms are tender, stirring frequently. Stir in snow peas, and cook 1 minute.
- ☐ Combine mirin, soy sauce, and sesame oil in a small bowl, stirring with a whisk.
- ☐ Add mirin mixture and noodles to pan; toss to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:20.33, Inflammation Score:-9, Nutrition Score:23.036956429482%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol:

0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 16.96mg, Quercetin: 16.96mg, Quercetin: 16.96mg, Quercetin: 16.96mg

Nutrients (% of daily need)

Calories: 349.61kcal (17.48%), Fat: 7.94g (12.22%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 55.1g (18.37%), Net Carbohydrates: 45.91g (16.69%), Sugar: 5.55g (6.17%), Cholesterol: 0mg (0%), Sodium: 729.36mg (31.71%), Alcohol: 4.83g (100%), Alcohol %: 2.32% (100%), Protein: 11.87g (23.74%), Vitamin C: 66.05mg (80.06%), Manganese: 1.11mg (55.48%), Magnesium: 169.3mg (42.33%), Copper: 0.76mg (37.8%), Fiber: 9.2g (36.79%), Vitamin B3: 6.67mg (33.35%), Phosphorus: 318.49mg (31.85%), Vitamin A: 1433.59IU (28.67%), Vitamin B2: 0.45mg (26.57%), Vitamin B6: 0.51mg (25.66%), Potassium: 676.54mg (19.33%), Vitamin B5: 1.86mg (18.61%), Folate: 65.75µg (16.44%), Zinc: 2.26mg (15.07%), Iron: 2.5mg (13.86%), Selenium: 8.74µg (12.48%), Vitamin K: 10.91µg (10.39%), Vitamin B1: 0.15mg (10.05%), Vitamin E: 1.4mg (9.36%), Calcium: 43.81mg (4.38%), Vitamin D: 0.2µg (1.32%)