



 **57%**
HEALTH SCORE

Soba Salad with Grilled Sweet Potato, Eggplant, and Red Pepper

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



711 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 teaspoons brown sugar
- 1 tablespoon sesame oil dark
- 1.5 teaspoons dijon mustard
- 4 inch eggplant (1 medium)
- 1 teaspoon ginger fresh minced peeled
- 1 garlic clove crushed
- 0.3 cup spring onion thinly sliced

- 1.5 tablespoons soy sauce low-sodium
- 2.5 tablespoons blackstrap molasses
- 0.3 cup orange juice
- 1 bell pepper red cut into 4 wedges
- 1 tablespoon cooking sherry
- 4 cups bulgar wheat cooked uncooked (8 ounces buckwheat noodles)
- 6 inch sweet potatoes and into (2 medium)
- 2 teaspoons vegetable oil
- 1 tablespoon water

Equipment

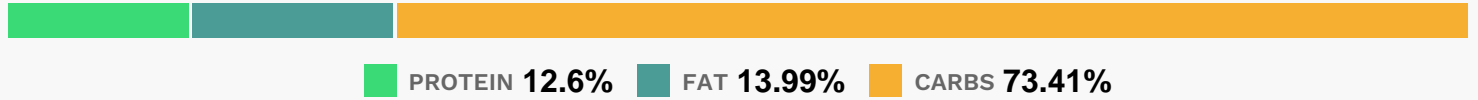
- bowl
- sauce pan
- grill
- ziploc bags

Directions

- Place potato slices in a saucepan, and cover with water; bring to a boil. Reduce heat, and simmer for 5 minutes or until crisp-tender; drain. Rinse with cold water; drain well.
- Combine juice and the next 5 ingredients (juice through garlic) in a large zip-top plastic bag.
- Add potato slices, eggplant, and bell pepper to bag; seal and marinate in refrigerator for 1 hour, turning bag occasionally.
- Remove the vegetables from bag, reserving marinade.
- Prepare grill.
- Place the vegetables on grill rack coated with cooking spray, and grill for 4 minutes on each side or until done, basting frequently with 1/2 cup reserved marinade.
- Place vegetables on a platter; drizzle with remaining marinade.
- Combine onions and next 5 ingredients (onions through ginger).
- Place soba in a large bowl, and drizzle with dressing.

Serve with vegetables.

Nutrition Facts



Properties

Glycemic Index:98, Glycemic Load:60.57, Inflammation Score:-10, Nutrition Score:37.913043416065%

Flavonoids

Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.48mg, Hesperetin: 2.48mg, Hesperetin: 2.48mg, Hesperetin: 2.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 27.17mg, Quercetin: 27.17mg, Quercetin: 27.17mg, Quercetin: 27.17mg

Nutrients (% of daily need)

Calories: 710.55kcal (35.53%), Fat: 11.78g (18.13%), Saturated Fat: 2.14g (13.36%), Carbohydrates: 139.19g (46.4%), Net Carbohydrates: 120.97g (43.99%), Sugar: 14.81g (16.46%), Cholesterol: 0mg (0%), Sodium: 248.95mg (10.82%), Alcohol: 0.39g (100%), Alcohol %: 0.18% (100%), Protein: 23.89g (47.77%), Manganese: 2.52mg (125.96%), Magnesium: 437.8mg (109.45%), Copper: 1.97mg (98.46%), Fiber: 18.22g (72.89%), Vitamin B3: 12.6mg (63%), Phosphorus: 624.56mg (62.46%), Vitamin C: 50.39mg (61.08%), Vitamin B2: 0.78mg (45.96%), Potassium: 1144.6mg (32.7%), Vitamin A: 1598.4IU (31.97%), Zinc: 4.32mg (28.83%), Vitamin B6: 0.57mg (28.72%), Iron: 4.8mg (26.68%), Selenium: 17.27µg (24.67%), Vitamin B5: 2.41mg (24.09%), Vitamin K: 23.56µg (22.43%), Folate: 80.1µg (20.03%), Vitamin B1: 0.23mg (15.19%), Calcium: 74.48mg (7.45%), Vitamin E: 0.81mg (5.39%)