



Soba Salad with Miso Dressing



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



325 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 4 cups carrots grated peeled
- ☐ 1 large eggs
- ☐ 0.5 cup ginger fresh peeled chopped
- ☐ 8 servings kosher salt
- ☐ 3 tablespoons juice of lime fresh
- ☐ 5 tablespoons miso white
- ☐ 4 cups radishes thinly sliced

- ☐ 2.5 cups spring onion thinly sliced
- ☐ 1 pound soba noodles
- ☐ 0.3 cup soya sauce
- ☐ 1 cup vegetable oil

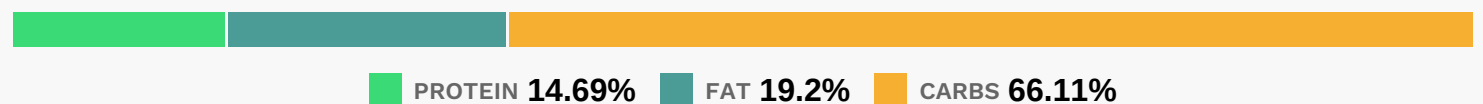
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ pot
- ☐ blender

Directions

- ☐ Bring 4 quarts water to a boil in a large pot and add 2tablespoons salt.
- ☐ Combine the miso paste, ginger, soy sauce, and lime juice in a blender and blend, at medium speed until smooth.
- ☐ Add the egg and blend until combined. With the motor running, slowly add the oil. Once the dressing is smooth, add pepper to taste; you won't need salt, because the miso and soy sauce are salty. (The dressing can be made up to 1 day ahead and refrigerated, covered.)
- ☐ Add the soba noodles to the boiling water and cook, stirring often, until al dente.
- ☐ Drain the noodles and rinse well under cold running water.
- ☐ Drain well, transfer to a baking sheet, then spread out and let cool.
- ☐ In a large bowl, combine the noodles with the carrots, scallions, and radishes. Toss with the miso dressing and serve at room temperature or cold. (The soba salad can be made up to 2 hours in advance.)
- ☐ Reprinted with permission from Family Table: Favorite Staff Meals from Our Restaurants to Your Home by Michael Romano and Karen Stabiner, © 2013 Houghton Mifflin Harcourt

Nutrition Facts



Properties

Glycemic Index:35.79, Glycemic Load:26.55, Inflammation Score:-10, Nutrition Score:22.202608499838%

Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

Nutrients (% of daily need)

Calories: 324.99kcal (16.25%), Fat: 7.42g (11.41%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 57.46g (19.15%), Net Carbohydrates: 53.13g (19.32%), Sugar: 5.84g (6.49%), Cholesterol: 23.25mg (7.75%), Sodium: 1525.71mg (66.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.77g (25.53%), Vitamin A: 11053.82IU (221.08%), Vitamin K: 87.25µg (83.09%), Manganese: 1.07mg (53.54%), Vitamin C: 20.22mg (24.51%), Vitamin B1: 0.36mg (23.92%), Phosphorus: 231.26mg (23.13%), Folate: 88.18µg (22.05%), Magnesium: 85.55mg (21.39%), Potassium: 648.23mg (18.52%), Fiber: 4.33g (17.33%), Vitamin B6: 0.34mg (17.15%), Iron: 2.98mg (16.57%), Vitamin B3: 3.2mg (16.01%), Copper: 0.29mg (14.48%), Vitamin B2: 0.23mg (13.29%), Zinc: 1.82mg (12.12%), Vitamin B5: 1.01mg (10.14%), Calcium: 91.28mg (9.13%), Vitamin E: 1.14mg (7.57%), Selenium: 3.37µg (4.82%), Vitamin B12: 0.06µg (1.07%)