



Soba with Sesame and Tofu



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



725 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cucumber peeled sliced
- ☐ 1.5 teaspoons sesame oil dark
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 cup green onions thinly sliced
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 2 tablespoons rice vinegar
- ☐ 1.5 tablespoons sesame seed
- ☐ 4 cups soba cooked uncooked 8 ounces buckwheat noodles

- ☐ 1 teaspoon sugar
- ☐ 12 ounces spicy tofu firm cubed
- ☐ 0.5 teaspoon vegetable oil

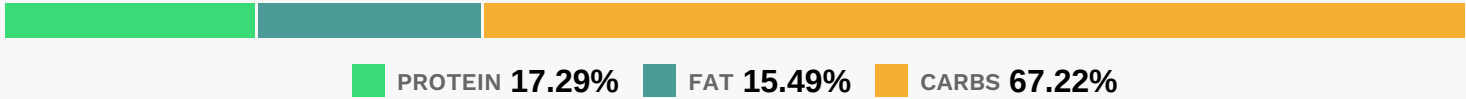
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine first 6 ingredients in a small bowl; set aside.
- ☐ Cook the sesame seeds in a small saucepan over medium heat 1 minute or until toasted.
- ☐ Combine the sesame seeds, noodles, cucumber, and onions in a large bowl; toss mixture gently.
- ☐ Divide noodle mixture evenly among 4 bowls; top with tofu and sauce.

Nutrition Facts



Properties

Glycemic Index:71.02, Glycemic Load:55.95, Inflammation Score:-9, Nutrition Score:36.85869566254%

Flavonoids

Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 28.82mg, Quercetin: 28.82mg, Quercetin: 28.82mg, Quercetin: 28.82mg

Nutrients (% of daily need)

Calories: 724.75kcal (36.24%), Fat: 13.31g (20.47%), Saturated Fat: 2.22g (13.88%), Carbohydrates: 129.98g (43.33%), Net Carbohydrates: 110.65g (40.23%), Sugar: 2.9g (3.22%), Cholesterol: 0mg (0%), Sodium: 776.16mg (33.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.43g (66.86%), Manganese: 2.47mg (123.54%), Magnesium: 431.7mg (107.93%), Copper: 2.08mg (103.77%), Fiber: 19.33g (77.33%), Phosphorus: 668.17mg (66.82%), Vitamin B3: 12.48mg (62.4%), Vitamin K: 57.78µg (55.03%), Vitamin B2: 0.82mg (48.14%), Iron: 6.01mg (33.41%), Zinc: 4.7mg (31.32%), Potassium: 1037.72mg (29.65%), Vitamin B5: 2.35mg (23.48%), Vitamin B6: 0.47mg (23.33%), Folate: 88.76µg (22.19%), Selenium: 15.52µg (22.18%), Calcium: 200.62mg (20.06%), Vitamin B1: 0.24mg (15.92%), Vitamin C: 6.92mg (8.38%), Vitamin A: 297.4IU (5.95%), Vitamin E: 0.32mg (2.16%)