



Spicy Cucumber Noodle Salad with Edamame

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



204 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon chile paste with garlic (such as sambal oelek)
- 1 teaspoon sesame oil dark
- 1 cup edamame green frozen shelled (soybeans)
- 1 cup cucumber diced english
- 1.3 cups bean sprouts fresh
- 0.3 cup green onions thinly sliced
- 0.3 cup mayonnaise reduced-fat
- 1 teaspoon soya sauce low-sodium

- 1 tablespoon rice vinegar
- 8 ounces soba uncooked (buckwheat noodles)
- 2 teaspoons miso white (soybean paste)

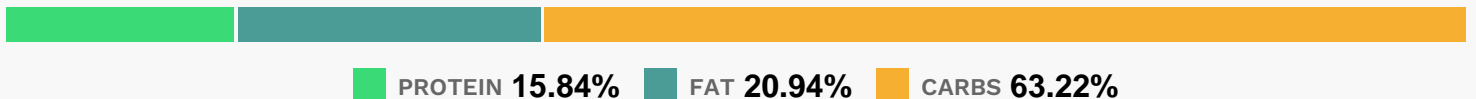
Equipment

- bowl
- whisk

Directions

- Cook soba in boiling water 2 minutes; add edamame. Bring to a boil; cook 2 minutes.
- Drain; rinse with cold water.
- Drain; cool.
- Place soba mixture in a bowl.
- Add cucumber and onions.
- Combine mayonnaise and next 5 ingredients (through oil); stir with a whisk.
- Pour over the soba mixture; toss well. Top with bean sprouts.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:12.4, Inflammation Score:-5, Nutrition Score:10.152173955722%

Flavonoids

Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg

Nutrients (% of daily need)

Calories: 203.97kcal (10.2%), Fat: 5.04g (7.75%), Saturated Fat: 0.74g (4.6%), Carbohydrates: 34.24g (11.41%), Net Carbohydrates: 28.76g (10.46%), Sugar: 2.48g (2.76%), Cholesterol: 1.49mg (0.5%), Sodium: 184.7mg (8.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.58g (17.15%), Manganese: 0.58mg (28.77%), Magnesium: 96.8mg (24.2%), Copper: 0.47mg (23.69%), Vitamin K: 24.32µg (23.16%), Fiber: 5.48g (21.93%), Phosphorus: 155.07mg (15.51%), Vitamin B3: 2.9mg (14.48%), Vitamin B2: 0.2mg (11.99%), Potassium: 367.64mg (10.5%), Iron:

1.89mg (10.48%), Zinc: 1.11mg (7.42%), Folate: 29.64µg (7.41%), Vitamin B5: 0.61mg (6.11%), Vitamin B6: 0.11mg (5.74%), Selenium: 3.75µg (5.36%), Vitamin C: 4.26mg (5.17%), Vitamin B1: 0.07mg (4.48%), Calcium: 38mg (3.8%), Vitamin E: 0.27mg (1.79%), Vitamin A: 74.22IU (1.48%)