



## Spicy Soba Noodles with Shiitakes and Cabbage



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



478 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 tablespoon brown sugar packed
- ☐ 1 cup edamame frozen shelled
- ☐ 10 oz mushroom caps fresh stemmed thinly sliced
- ☐ 1 tablespoon garlic finely chopped
- ☐ 2 tablespoons ginger peeled finely chopped
- ☐ 2 teaspoons korean hot-pepper paste (sometimes labeled "gochujang")
- ☐ 8 cups napa cabbage thinly sliced

- ☐ 6 scallions thinly sliced
- ☐ 3 tablespoons sesame seed
- ☐ 8 ounces soba (buckwheat noodles)
- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup water

## Equipment

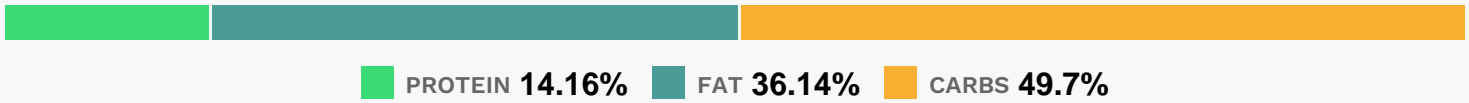
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ colander

## Directions

- ☐ Stir together all sauce ingredients until brown sugar is dissolved, then set aside.
- ☐ Toast sesame seeds in a dry 12-inch heavy skillet (not nonstick) over medium heat, stirring, until pale golden, then transfer to a small bowl.
- ☐ Heat oil in skillet over medium-high heat until it shimmers, then sauté ginger and garlic, stirring, until fragrant, about 30 seconds.
- ☐ Add shiitakes and sauté, stirring frequently, until tender and starting to brown, about 6 minutes. Reduce heat to medium, then add cabbage and most of scallions (reserve about a tablespoon for garnish) and cook, stirring occasionally, until cabbage is crisp-tender, about 6 minutes.
- ☐ Add sauce and simmer 2 minutes.
- ☐ While cabbage is cooking, cook soba and edamame together in a pasta pot of boiling salted water (2 tablespoons salt for 6 quarts water) until noodles are just tender, about 6 minutes.
- ☐ Drain in a colander and rinse under cool water to stop cooking and remove excess starch, then drain well again.
- ☐ Transfer to a large bowl and toss with sesame seeds and vegetable mixture.
- ☐ Serve sprinkled with reserved scallions.

☐ If you aren't able to find Korean hot-pepper paste, substitute 3/4 teaspoon Chinese chile paste and reduce the amount of soy sauce to 1/4 cup.

## Nutrition Facts



## Properties

Glycemic Index:72, Glycemic Load:21.1, Inflammation Score:-9, Nutrition Score:33.298260631769%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 10.69mg, Quercetin: 10.69mg, Quercetin: 10.69mg, Quercetin: 10.69mg

## Nutrients (% of daily need)

Calories: 478.26kcal (23.91%), Fat: 20.52g (31.57%), Saturated Fat: 3g (18.74%), Carbohydrates: 63.51g (21.17%), Net Carbohydrates: 51.27g (18.64%), Sugar: 8.72g (9.69%), Cholesterol: 0mg (0%), Sodium: 1106.97mg (48.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.09g (36.18%), Vitamin K: 127.91µg (121.82%), Manganese: 1.51mg (75.49%), Vitamin C: 48.82mg (59.17%), Copper: 1.09mg (54.33%), Magnesium: 200.35mg (50.09%), Fiber: 12.24g (48.98%), Vitamin B3: 8.54mg (42.7%), Folate: 168.17µg (42.04%), Vitamin B6: 0.82mg (41.03%), Phosphorus: 395.18mg (39.52%), Potassium: 1158.36mg (33.1%), Vitamin B2: 0.53mg (31.47%), Iron: 4.71mg (26.18%), Calcium: 242.1mg (24.21%), Zinc: 3.1mg (20.69%), Vitamin B5: 2.04mg (20.39%), Selenium: 12.34µg (17.63%), Vitamin A: 687.34IU (13.75%), Vitamin B1: 0.2mg (13.61%), Vitamin E: 1.44mg (9.59%), Vitamin D: 0.28µg (1.89%)