



## Spicy Tofu Udon Noodle Bowl

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon brown sugar
- 2 teaspoons canola oil
- 0.3 cup cilantro leaves chopped
- 3 cups less-sodium chicken broth fat-free
- 1 tablespoon ginger fresh minced peeled
- 2 garlic cloves minced
- 0.5 cup green onions chopped
- 1 cup coconut milk light

- 3 tablespoons juice of lime fresh
- 2 tablespoons soya sauce low-sodium
- 2 cups mushrooms sliced
- 1 serrano chiles sliced
- 12.3 ounce lite silken tofu firm cut into (1/2-inch) cubes
- 2 cups snow peas trimmed
- 6 ounces udon noodles fresh thick uncooked (, round Japanese wheat noodles)
- 1 teaspoon sambal oelek fresh (ground chile paste)

## Equipment

- bowl
- frying pan
- sauce pan
- ladle

## Directions

- Cook noodles according to package directions, omitting salt and fat.
- Drain.
- Heat oil in a large saucepan over medium-high heat.
- Add mushrooms to pan; saut 3 minutes or until tender.
- Add broth and next 6 ingredients (through serrano); bring to a boil. Cook 4 minutes. Stir in milk, lime juice, and Sambal oelek; reduce heat, and simmer 5 minutes.
- Add tofu; cook 5 minutes.
- Place about 1 cup noodles into each of 4 bowls. Ladle about 1 1/4 cups soup into each bowl; sprinkle each serving with 2 tablespoons green onions and 1 tablespoon cilantro.

## Nutrition Facts



## Properties

Glycemic Index:49.58, Glycemic Load:15.79, Inflammation Score:-7, Nutrition Score:14.89652165641%

## Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

## Nutrients (% of daily need)

Calories: 312.77kcal (15.64%), Fat: 9.47g (14.58%), Saturated Fat: 3.85g (24.04%), Carbohydrates: 42.91g (14.3%), Net Carbohydrates: 38.15g (13.87%), Sugar: 9.89g (10.99%), Cholesterol: 0mg (0%), Sodium: 1548.85mg (67.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.54g (31.09%), Vitamin C: 37.83mg (45.86%), Vitamin K: 42.94µg (40.89%), Copper: 0.44mg (21.81%), Vitamin B2: 0.34mg (19.98%), Fiber: 4.76g (19.05%), Vitamin B3: 3.49mg (17.45%), Phosphorus: 164.17mg (16.42%), Potassium: 563.47mg (16.1%), Vitamin B1: 0.23mg (15.36%), Vitamin A: 747.04IU (14.94%), Iron: 2.6mg (14.44%), Vitamin B5: 1.36mg (13.62%), Magnesium: 53.94mg (13.49%), Selenium: 8.94µg (12.78%), Manganese: 0.25mg (12.68%), Folate: 44.42µg (11.11%), Vitamin B6: 0.22mg (10.97%), Calcium: 74.23mg (7.42%), Zinc: 1.02mg (6.83%), Vitamin B12: 0.36µg (6%), Vitamin E: 0.72mg (4.78%)