



## Sweet Potato Noodles (Japchae)

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



269 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 carrots shredded cut into thin strips
- 2 cloves garlic minced
- 3 spring onion cut into 1-inch pieces
- 0.3 medium onion sliced
- 6 ounces beef rib steak cut into 1/4- to 1/2-inch-thick strips
- 0.3 teaspoon salt
- 1 tablespoon sesame oil
- 5 servings sesame seed toasted for garnish

- 3 mushroom caps sliced
- 0.3 cup soya sauce
- 4 ounces pkt spinach rinsed trimmed
- 0.3 cup sugar
- 8 ounces sweet potatoes and into
- 1 tablespoon vegetable oil

## Equipment

- bowl
- frying pan
- pot
- kitchen scissors

## Directions

- Cook the sweet potato noodles in a large pot of boiling water for 4 to 5 minutes. Immediately drain and rinse thoroughly under cold water. Be sure not to overcook the noodles, or they will lose their chewy texture. If you like, cut the noodles with scissors into 6- to 7-inch lengths for easier eating.
- Blanch the spinach in boiling water. Rinse immediately under cold water, squeeze the water from the leaves and form into a ball, and then cut the ball in half.
- Combine the spinach, half the garlic, 1/2 teaspoon of the sesame oil, and 1/4 teaspoon salt in a small bowl. Set aside to let the flavors soak in.
- Heat the vegetable oil in a large skillet over medium-high heat.
- Add the beef, the remaining garlic, 1 teaspoon of the soy sauce, and 1 teaspoon of the sesame oil. Stir-fry until the beef is cooked, 3 to 4 minutes.
- Add the onion, mushrooms, and carrot and cook until the onion is translucent, about 3 minutes.
- Add the green onions and stir-fry for another minute.
- Remove from the heat.
- In a large bowl, thoroughly combine the noodles, beef mixture, spinach, remaining 1/4 cup soy sauce, 1 tablespoon sesame oil, and the sugar.

Serve warm, sprinkled with sesame seeds.

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## Nutrition Facts

 PROTEIN **16.36%**  FAT **46.94%**  CARBS **36.7%**

### Properties

Glycemic Index:75.58, Glycemic Load:12.84, Inflammation Score:-10, Nutrition Score:21.973913076131%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

### Nutrients (% of daily need)

Calories: 269.23kcal (13.46%), Fat: 14.55g (22.39%), Saturated Fat: 3.54g (22.14%), Carbohydrates: 25.61g (8.54%), Net Carbohydrates: 21.86g (7.95%), Sugar: 13.38g (14.87%), Cholesterol: 20.75mg (6.92%), Sodium: 836.53mg (36.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.41g (22.83%), Vitamin A: 10677.74IU (213.55%), Vitamin K: 132.81µg (126.48%), Manganese: 0.65mg (32.56%), Copper: 0.5mg (24.83%), Vitamin B6: 0.43mg (21.42%), Zinc: 2.84mg (18.93%), Magnesium: 74.56mg (18.64%), Selenium: 12.44µg (17.77%), Iron: 3.13mg (17.4%), Folate: 68.96µg (17.24%), Vitamin B3: 3.4mg (17%), Phosphorus: 166.59mg (16.66%), Potassium: 530.13mg (15.15%), Fiber: 3.75g (15.02%), Vitamin B2: 0.22mg (13.24%), Calcium: 131.75mg (13.17%), Vitamin C: 10.32mg (12.5%), Vitamin B1: 0.17mg (11.42%), Vitamin B12: 0.56µg (9.41%), Vitamin E: 0.98mg (6.55%), Vitamin B5: 0.6mg (6.04%)