



Udon Noodle Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



292 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups broccoli florets
- ☐ 1 tablespoon canola oil
- ☐ 1 medium carrots grated
- ☐ 2 cups chicken broth
- ☐ 1 cup crimini mushrooms sliced
- ☐ 1 cup edamame frozen shelled thawed rinsed
- ☐ 0.5 pound tofu drained well

- ☐ 1 clove garlic chopped
- ☐ 2 tablespoons miso white (found at health food stores)
- ☐ 1 tablespoon rice vinegar (or apple cider)
- ☐ 0.3 teaspoon salt
- ☐ 4 spring onion sliced in 2-inch segments
- ☐ 2 teaspoons sesame oil
- ☐ 1 cup mushroom caps sliced
- ☐ 0.5 pound sugar snap peas
- ☐ 8 ounces buckwheat udon noodles cooked drained

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ wok
- ☐ cutting board

Directions

- ☐ Combine all dressing ingredients with 1/4 cup water in a blender; set aside. Coat a large skillet or wok with cooking spray; heat over high heat and add 1 1/2 teaspoons oil. When oil is hot, cook tofu and scallions 1 minute, then turn tofu once; cook 1 to 2 minutes more.
- ☐ Transfer tofu to a cutting board, cut into 1/2-inch cubes and place in a bowl with scallions.
- ☐ Add remaining 1 1/2 teaspoons oil to skillet. Stir in broccoli, edamame and mushrooms. Reduce heat to medium; cook, stirring often, 3 to 4 minutes.
- ☐ Add broth. Cover and cook until vegetables are tender, 3 to 4 minutes.
- ☐ Remove from heat and stir in peas, salt and pepper.
- ☐ Add noodles and vegetable mixture to tofu mixture. Toss with dressing to coat.
- ☐ Self

Nutrition Facts



 **PROTEIN 22.51%**  **FAT 32.14%**  **CARBS 45.35%**

Properties

Glycemic Index:82.71, Glycemic Load:3.28, Inflammation Score:-10, Nutrition Score:27.363478305547%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 291.99kcal (14.6%), Fat: 10.98g (16.9%), Saturated Fat: 1.09g (6.82%), Carbohydrates: 34.87g (11.62%), Net Carbohydrates: 25.96g (9.44%), Sugar: 8.42g (9.36%), Cholesterol: 2.35mg (0.78%), Sodium: 938.98mg (40.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.31g (34.62%), Vitamin C: 78mg (94.54%), Vitamin K: 93.99µg (89.51%), Vitamin A: 3577.58IU (71.55%), Manganese: 0.82mg (40.85%), Fiber: 8.91g (35.62%), Vitamin B2: 0.44mg (25.89%), Iron: 4.49mg (24.96%), Potassium: 852.17mg (24.35%), Vitamin B3: 4.59mg (22.96%), Vitamin B6: 0.45mg (22.71%), Phosphorus: 214.15mg (21.41%), Folate: 84.5µg (21.12%), Vitamin B5: 2.1mg (21.03%), Copper: 0.39mg (19.73%), Magnesium: 74.93mg (18.73%), Calcium: 180.94mg (18.09%), Selenium: 11.97µg (17.1%), Vitamin B1: 0.22mg (14.46%), Zinc: 1.86mg (12.4%), Vitamin E: 1.49mg (9.91%), Vitamin D: 0.24µg (1.63%)