



Udon Noodles with Miso Poached Tilapia

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



505 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3.5 ounces mushroom caps fresh sliced
- ☐ 3 tablespoons miso paste
- ☐ 1 cup white wine
- ☐ 3 scallions sliced chopped for garnish
- ☐ 2 tablespoons soya sauce
- ☐ 1 pound tilapia fillets
- ☐ 12 ounces udon noodles
- ☐ 32 ounce vegetable broth

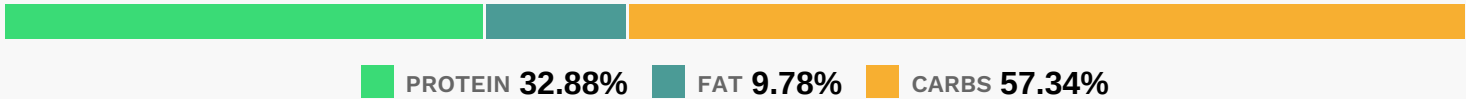
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large pot over high heat, bring water to boil for noodles.
- ☐ In a large straight-sided frying pan over medium-high heat, whisk together all ingredients except fish and noodles. Bring to boil; reduce to simmer.
- ☐ Add tilapia fillets, cover, and poach for 10 minutes.
- ☐ Add udon noodles to rapidly boiling water and cook for 6 to 8 minutes for thin udon and 10 to 12 minutes for thicker udon.
- ☐ Serve udon in a bowl with miso broth. Top with poached tilapia and chopped scallions.

Nutrition Facts



Properties

Glycemic Index:64.33, Glycemic Load:33.77, Inflammation Score:-7, Nutrition Score:16.301739205485%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 504.78kcal (25.24%), Fat: 5.14g (7.9%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 67.79g (22.6%), Net Carbohydrates: 61.49g (22.36%), Sugar: 11.99g (13.32%), Cholesterol: 56.7mg (18.9%), Sodium: 2971.72mg (129.21%), Alcohol: 6.18g (100%), Alcohol %: 1.45% (100%), Protein: 38.87g (77.74%), Selenium: 49.89µg (71.28%), Vitamin B12: 1.8µg (30.03%), Vitamin B3: 5.97mg (29.85%), Phosphorus: 266.66mg (26.67%), Fiber: 6.29g (25.17%), Vitamin D: 3.61µg (24.1%), Vitamin K: 24.19µg (23.04%), Manganese: 0.34mg (16.9%), Vitamin B6: 0.34mg (16.76%), Potassium: 531.17mg (15.18%), Magnesium: 53.1mg (13.27%), Vitamin A: 583.9IU (11.68%), Vitamin B2: 0.18mg (10.87%), Vitamin B5: 1.03mg (10.35%), Folate: 40.84µg (10.21%), Copper: 0.2mg (9.79%), Iron: 1.56mg (8.69%), Zinc: 1.1mg (7.35%), Vitamin B1: 0.08mg (5.06%), Vitamin E: 0.5mg (3.36%), Calcium: 32.78mg (3.28%), Vitamin C: 1.69mg (2.05%)