



Udon Noodles with Shiitake Mushrooms in Ginger Broth

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



449 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces soba noodles
- 2 teaspoons sesame oil
- 2 teaspoons vegetable oil
- 1.5 tablespoons ginger fresh minced ()
- 2 shallots very thinly sliced
- 0.3 pound mushroom caps stemmed quartered (12)
- 2 cups chicken broth low-sodium homemade canned

- 1 teaspoon rice vinegar
- 2 teaspoons soy sauce low-sodium
- 3 ounces pkt spinach rinsed drained cut into 2-inch-wide strips well
- 4 spring onion thinly sliced

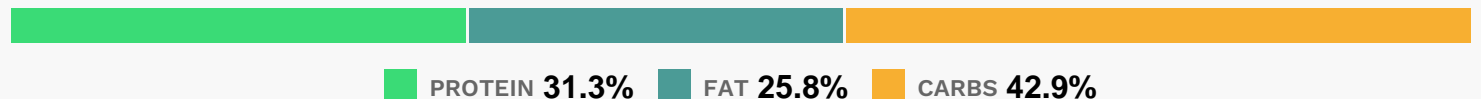
Equipment

- bowl
- frying pan
- ladle
- pot
- colander

Directions

- Bring a large pot of water to a boil.
- Add noodles, and cook until al dente according to package instructions, about 8 minutes.
- Drain in a colander, toss with sesame oil, and return to pot. Keep warm.
- Meanwhile, in a medium saute pan, heat the vegetable oil over medium heat.
- Add ginger, shallots, and mushrooms; cook, stirring constantly, until the mixture begins to soften and turn golden brown, about 2 minutes.
- Stir chicken stock, vinegar, and soy sauce into pan, and bring to a simmer. Cook until mushrooms are very tender, about 5 minutes.
- Add spinach and scallions, and stir to combine. To serve, divide noodles among four shallow bowls; ladle soup over noodles.

Nutrition Facts



Properties

Glycemic Index:60.88, Glycemic Load:23.45, Inflammation Score:-9, Nutrition Score:23.852608784385%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 448.82kcal (22.44%), Fat: 13.24g (20.37%), Saturated Fat: 3.04g (18.98%), Carbohydrates: 49.52g (16.51%), Net Carbohydrates: 47.56g (17.29%), Sugar: 2.09g (2.32%), Cholesterol: 51.25mg (17.08%), Sodium: 1056.24mg (45.92%), Alcohol: Og (100%), Protein: 36.14g (72.27%), Vitamin K: 134.41µg (128.01%), Manganese: 1.06mg (53.05%), Vitamin A: 2295.32IU (45.91%), Phosphorus: 360.04mg (36%), Selenium: 20.95µg (29.93%), Vitamin B3: 5.67mg (28.35%), Zinc: 4.06mg (27.08%), Magnesium: 103.7mg (25.92%), Vitamin B6: 0.51mg (25.7%), Folate: 94.32µg (23.58%), Iron: 3.93mg (21.85%), Vitamin B1: 0.31mg (20.58%), Vitamin B2: 0.3mg (17.47%), Potassium: 599.12mg (17.12%), Vitamin B12: 1.02µg (17.08%), Copper: 0.28mg (13.89%), Vitamin C: 9.36mg (11.35%), Vitamin B5: 1.04mg (10.39%), Fiber: 1.96g (7.83%), Vitamin E: 1.06mg (7.06%), Calcium: 70.32mg (7.03%), Vitamin D: 0.22µg (1.44%)