



 **18%**
HEALTH SCORE

Udon Salad

 Vegetarian  Vegan  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



593 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

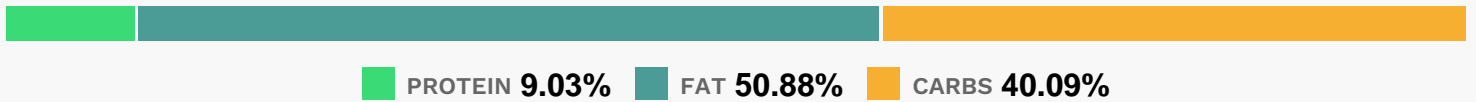
Ingredients

- 2 small avocado chopped finely
- 90 g pea-mond dressing
- 2 tablespoons chives fresh chopped
- 10 cherry tomatoes halved
- 80 ml olive oil light
- 1 tablespoon juice of lime
- 1 tablespoon mirin
- 1 small onion red chopped finely

- 2 tablespoons seasoned rice vinegar
- 250 g udon noodles
- 2 teaspoons wasabi

Equipment

Nutrition Facts



Properties

Glycemic Index:65.08, Glycemic Load:24.78, Inflammation Score:-7, Nutrition Score:15.314782608696%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 592.75kcal (29.64%), Fat: 34.93g (53.74%), Saturated Fat: 4.71g (29.45%), Carbohydrates: 61.95g (20.65%), Net Carbohydrates: 49.42g (17.97%), Sugar: 10.41g (11.57%), Cholesterol: 0mg (0%), Sodium: 797.04mg (34.65%), Alcohol: 0.43g (2.36%), Protein: 13.94g (27.89%), Fiber: 12.53g (50.12%), Folate: 141.09µg (35.27%), Vitamin K: 37µg (35.24%), Vitamin E: 5.03mg (33.52%), Vitamin C: 24.28mg (29.43%), Potassium: 697.63mg (19.93%), Vitamin B6: 0.35mg (17.68%), Manganese: 0.34mg (17.21%), Vitamin B5: 1.59mg (15.89%), Copper: 0.3mg (14.96%), Magnesium: 49.35mg (12.34%), Phosphorus: 109.75mg (10.98%), Vitamin B3: 2.14mg (10.7%), Vitamin B1: 0.14mg (9.61%), Vitamin B2: 0.16mg (9.6%), Iron: 1.61mg (8.93%), Vitamin A: 426IU (8.52%), Zinc: 1.07mg (7.12%), Calcium: 32.31mg (3.23%), Selenium: 1.37µg (1.96%)