



Udon with Mushroom Broth, Cabbage, and Yams

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



319 kcal

SIDE DISH

Ingredients

- 5 ounces carrots assorted peeled thinly sliced (preferably colors)
- 1.5 ounces shiitake mushrooms dried rinsed
- 4 ounces tofu cut into 1/2-inch cubes
- 1.5 cups cilantro leaves fresh coarsely chopped
- 0.8 cup ginger fresh peeled thinly sliced
- 0.3 cup ginger fresh peeled
- 1 cup spring onion sliced

- 2 strips kombu dried
- 2 lemon grass dark
- 4 cups napa cabbage cored
- 5 ounces snow peas trimmed
- 10 ounces udon noodles japanese-style
- 6 servings tamari sauce
- 1 teaspoon rice vinegar
- 3 cups water
- 2 cups cubes red-skinned sweet potato peeled (red-skinned sweet potatoes)
- 6 servings frangelico
- 6 servings frangelico

Equipment

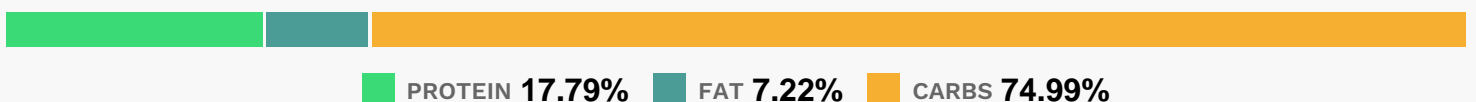
- bowl
- ladle
- pot
- sieve
- tongs
- skimmer

Directions

- Bring broth and 3 cups water to simmer in large pot over medium heat.
- Add cilantro, mushrooms, sliced ginger, and lemongrass. Cover; simmer until mushrooms are tender, about 30 minutes. Rinse kombu; add to broth. Simmer 1 minute. Using tongs, remove kombu and mushrooms; discard kombu.
- Transfer mushrooms to work surface; cut off stems and discard.
- Cut each mushroom into 3 to 4 strips. Strain broth through fine-mesh strainer into another large pot; discard solids in strainer.
- Add tamari and rice vinegar to broth. DO AHEAD: Can be made 1 day ahead. Cover and chill mushrooms. Cool, cover, and chill broth.

- Bring large pot of salted water to boil. Cook yams until just tender, 4 to 5 minutes. Using skimmer, transfer to medium bowl. Cook snow peas, cabbage, and carrots separately until crisp-tender (snow peas, 30 seconds; cabbage, 1 1/2 minutes; carrots, 2 minutes). Using skimmer, transfer vegetables to separate bowls. Reserve cooking liquid. DO AHEAD: Vegetables can be cooked 2 hours ahead.
- Let vegetables and liquid stand at room temperature.
- Bring cooking liquid to boil.
- Sprinkle with salt.
- Add noodles; cook until tender but still firm to bite, stirring often.
- Drain; rinse.
- Meanwhile, bring vegetable broth to simmer.
- Add green onions and ginger strips. Season with salt and pepper.
- Using tongs, divide noodles among bowls. Divide mushrooms, yams, snow peas, cabbage, and carrots among bowls, each in separate mound. Divide tofu, if using, among bowls. Ladle broth over and serve, passing sambal oelek and tamari separately.
- Lemongrass, an herb that resembles a green onion, has a mild lemony flavor. Kombu (a.k.a. kelp) is a variety of seaweed that's often used for making stock. It's usually sold dried. Tamari is a dark sauce made from soybeans. Udon is a thick wheat- or corn-based Japanese noodle. Sambal oelek, a spicy chili sauce, is a common ingredient in Indonesian and Chinese cooking. Look for these ingredients in the Asian foods section of some supermarkets and at Asian markets.
- Per serving: (Analysis includes tofu.) kcal calories, 6.4 % calories from fat, 2.4 g fat, 0.0 g saturated fat, 0 mg cholesterol,
- 4 g carbohydrates,
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 51.69, Glycemic Load: 18.63, Inflammation Score: -10, Nutrition Score: 24.671304469523%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 319.38kcal (15.97%), Fat: 2.68g (4.13%), Saturated Fat: 0.21g (1.34%), Carbohydrates: 62.74g (20.91%), Net Carbohydrates: 54.07g (19.66%), Sugar: 12.62g (14.02%), Cholesterol: 0mg (0%), Sodium: 1633.35mg (71.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.89g (29.77%), Vitamin A: 17613.22IU (352.26%), Vitamin K: 79.43µg (75.65%), Vitamin C: 47.63mg (57.73%), Manganese: 0.86mg (43.04%), Fiber: 8.66g (34.65%), Copper: 0.63mg (31.4%), Vitamin B6: 0.53mg (26.3%), Vitamin B5: 2.57mg (25.73%), Potassium: 852.59mg (24.36%), Folate: 89.99µg (22.5%), Vitamin B3: 3.55mg (17.75%), Vitamin B2: 0.27mg (16.12%), Magnesium: 63.49mg (15.87%), Iron: 2.52mg (13.98%), Calcium: 132.79mg (13.28%), Phosphorus: 131.1mg (13.11%), Vitamin B1: 0.19mg (12.77%), Zinc: 1.26mg (8.42%), Vitamin E: 1.02mg (6.79%), Selenium: 4.3µg (6.15%), Vitamin D: 0.28µg (1.84%)