



Udon with Soft Egg and Green Onion (Onsen Tamago Udon)



Vegetarian



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon seven-spice powder (shichimi togarashi)
- ☐ 3 cups udon broth
- ☐ 4 large eggs at room temperature
- ☐ 0.3 cup regular green onions very thinly sliced (negi)
- ☐ 0.8 pound udon noodles fresh

Equipment

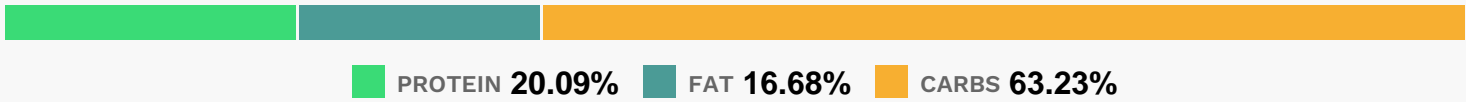
- ☐ bowl

- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ sieve

Directions

- ☐ Heat a large pot of water to 16
- ☐ Gently lower eggs into water and simmer 30 minutes, keeping water temperature between 152 and 156 (add a tablespoon of ice water to control the heat's rise). Chill eggs in cold water, then carefully crack into a small, shallow dish. Or soft-cook eggs the way you like.
- ☐ Boil udon (see "Udon Essentials," below). Using a large strainer, scoop out noodles into a large bowl and save water to heat soup bowls.
- ☐ Meanwhile, put green onions in a bowl of cold water and vigorously swish around with your fingers to separate into rings.
- ☐ Drain; repeat twice.
- ☐ Bring broth to a boil in a saucepan.
- ☐ Warm 4 soup bowls by dipping them in hot udon-cooking water. Divide noodles among bowls. Scoop an egg into each, leaving behind most of white, and ladle broth over noodles. Top with green onions and a pinch of seven-spice powder.
- ☐ Udon Essentials Udon (wheat-flour noodles): Store-bought fresh-frozen noodles have a supple texture that's closest to homemade, while the dried ones tend to be thin and flabby. To cook store-bought fresh-frozen udon, drop the frozen block into boiling water. When the water boils again, drain. Cook udon right before serving; the noodles get sticky as they sit.
- ☐ Make ahead: Eggs in shell, up to 2 days, chilled. Green onions, up to 1 day, chilled.

Nutrition Facts



Properties

Glycemic Index:33.58, Glycemic Load:31.24, Inflammation Score:-4, Nutrition Score:6.7330435371917%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 376.08kcal (18.8%), Fat: 7.08g (10.89%), Saturated Fat: 1.57g (9.81%), Carbohydrates: 60.37g (20.12%), Net Carbohydrates: 55.49g (20.18%), Sugar: 9.58g (10.64%), Cholesterol: 186mg (62%), Sodium: 1799.63mg (78.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.19g (38.38%), Selenium: 15.41µg (22.02%), Fiber: 4.88g (19.53%), Vitamin A: 744.79IU (14.9%), Vitamin B2: 0.23mg (13.8%), Vitamin K: 13.22µg (12.59%), Phosphorus: 101.69mg (10.17%), Vitamin B5: 0.77mg (7.72%), Vitamin B12: 0.44µg (7.42%), Folate: 27.53µg (6.88%), Vitamin D: 1µg (6.67%), Iron: 0.99mg (5.5%), Vitamin B6: 0.09mg (4.57%), Zinc: 0.67mg (4.5%), Vitamin E: 0.61mg (4.05%), Calcium: 32.91mg (3.29%), Potassium: 88.69mg (2.53%), Copper: 0.04mg (2.12%), Magnesium: 7.44mg (1.86%), Vitamin B1: 0.02mg (1.58%), Vitamin C: 1.18mg (1.43%), Manganese: 0.03mg (1.31%)