

Yakisoba (????)

 Dairy Free

READY IN



10 min.

SERVINGS



3

CALORIES



419 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 230 grams egg noodles fresh yellow ((such as ramen)
- 2 teaspoons vegetable oil
- 100 grams pork belly thinly sliced chopped ((or bacon, &)
- 100 grams onion sliced ((-)
- 2 leaves cabbage chopped
- 60 grams carrots julienned ((-)
- 2 tablespoons worcestershire sauce
- 1 tablespoon catsup

- 1 tablespoon oyster sauce
- 0.5 tablespoon honey
- 0.3 teaspoon pepper white
- 1 tablespoon vegetable oil
- 1 serving frangelico ((for garnish)
- 1 serving frangelico ((for garnish)
- 3 servings frangelico ((for garnish)
- 3 servings frangelico ((for garnish)

Equipment

- bowl
- frying pan
- whisk
- spatula

Directions

- Steps
- Boil the noodles according to the directions on the package. When the noodles are done, drain and rinse thoroughly with cold water, using your fingers to agitate the noodles.
- Drain as much water off the noodles as possible by using a dropping motion with both hands and yanking up suddenly. Toss the noodles with 2 teaspoons of vegetable oil to keep the noodles from sticking together.
- Prep the vegetables and make the sauce by whisking together the Worcestershire sauce, ketchup, oyster sauce, honey and white pepper in a small bowl.
- Heat a large heavy-bottomed frying pan or griddle over high heat until hot.
- Add 1 tablespoon of oil along with the pork belly or bacon. Fry until the fat from the pork has started to render out.
- Add the carrots, onions, and cabbage and stir fry using two spatulas until the vegetables are vibrant in color and starting to wilt (they don't need to be fully cooked through yet).

- Add noodles and toss with the oil in the pan. If you notice they are sticking, add some more oil directly onto the noodles.
- Drizzle the sauce evenly over the noodles and continue tossing and frying until the noodles are a uniform color and you can smell the sauce starts to caramelize.
- Plate the yakisoba and sprinkle with aonori and benishoga to garnish.

Nutrition Facts



Properties

Glycemic Index:56.7, Glycemic Load:2.84, Inflammation Score:-9, Nutrition Score:8.8982608370159%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg

Nutrients (% of daily need)

Calories: 419.26kcal (20.96%), Fat: 26.84g (41.3%), Saturated Fat: 8.38g (52.4%), Carbohydrates: 36.8g (12.27%), Net Carbohydrates: 34.04g (12.38%), Sugar: 8.22g (9.13%), Cholesterol: 24mg (8%), Sodium: 512.89mg (22.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.67g (15.34%), Vitamin A: 3380.46IU (67.61%), Vitamin K: 17.4µg (16.57%), Iron: 2.51mg (13.94%), Vitamin B1: 0.17mg (11.34%), Fiber: 2.76g (11.04%), Vitamin B3: 2.03mg (10.15%), Potassium: 285.36mg (8.15%), Vitamin B2: 0.13mg (7.86%), Vitamin C: 5.73mg (6.94%), Vitamin E: 0.97mg (6.45%), Phosphorus: 62.69mg (6.27%), Vitamin B6: 0.12mg (6.08%), Vitamin B12: 0.3µg (5.08%), Manganese: 0.09mg (4.64%), Selenium: 3.24µg (4.63%), Copper: 0.08mg (3.9%), Folate: 13.1µg (3.27%), Zinc: 0.49mg (3.27%), Calcium: 31.65mg (3.16%), Magnesium: 9.73mg (2.43%), Vitamin B5: 0.19mg (1.88%)