



Yakisoba

 Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



832 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 60 grams cabbage chopped (- 2 leaves)
- ☐ 150 grams carrots julienned (-)
- ☐ 0.3 teaspoon pepper white
- ☐ 3 tablespoons sauce
- ☐ 5 grams katsuo bushi (1 small pack)
- ☐ 60 grams onion sliced (-)
- ☐ 0.5 tablespoon oyster sauce
- ☐ 10 ounces japanese ramen noodles yellow fresh

- ☐ 30 grams spring onion sliced (- 2 scallions)
- ☐ 2 tablespoons vegetable oil
- ☐ 2 servings frangelico for garnish
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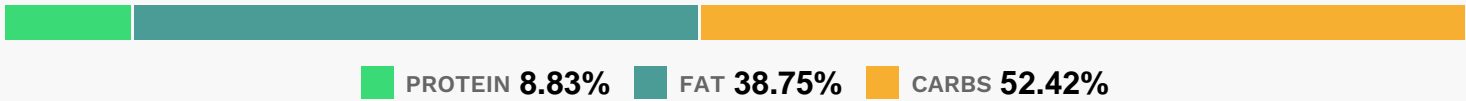
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Boil the noodles for 1 minute less than what the package directions say. When the noodles are done, drain and rinse very well 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 chuno sauce, oyster sauce, and white pepper.
- ☐ Heat a pan over medium-high heat until hot and then add 2 tablespoons of oil along with the carrots, onions and any tougher bits of cabbage. Stir-fry until the carrots are tender and then add the cabbage and scallions. Continue stir-frying until the cabbage is cooked.
- ☐ Add the noodles and sauce and use two utensils to lift and drop the noodles as if you're tossing a salad to coat them evenly with sauce.
- ☐ Sprinkle the katsuobushi onto the noodles, and continue tossing until the noodles are a uniform color and you can smell the sauce starting to caramelize. Plate the yakisoba and sprinkle with aonori and beni shoga to garnish.

Nutrition Facts



Properties

Glycemic Index:98.42, Glycemic Load:44.38, Inflammation Score:-10, Nutrition Score:30.659130469612%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

Nutrients (% of daily need)

Calories: 832.1kcal (41.61%), Fat: 36.06g (55.48%), Saturated Fat: 12.84g (80.22%), Carbohydrates: 109.75g (36.58%), Net Carbohydrates: 102.66g (37.33%), Sugar: 13.56g (15.07%), Cholesterol: 1.67mg (0.56%), Sodium: 3346.27mg (145.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.5g (36.99%), Vitamin A: 12726.06IU (254.52%), Vitamin B1: 1.55mg (103.26%), Vitamin K: 96.96µg (92.34%), Folate: 203.32µg (50.83%), Manganese: 0.94mg (47.2%), Iron: 6.38mg (35.45%), Vitamin B3: 6.78mg (33.89%), Fiber: 7.09g (28.36%), Vitamin B2: 0.45mg (26.39%), Vitamin E: 3.88mg (25.88%), Vitamin C: 20.93mg (25.37%), Phosphorus: 218.41mg (21.84%), Selenium: 14.79µg (21.12%), Potassium: 654.22mg (18.69%), Copper: 0.32mg (15.96%), Vitamin B6: 0.31mg (15.51%), Magnesium: 51.61mg (12.9%), Zinc: 1.56mg (10.37%), Calcium: 97.66mg (9.77%), Vitamin B5: 0.71mg (7.08%), Vitamin B12: 0.37µg (6.21%)