

# Cold Cucumber Soba Noodles

Yield: 2 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-japanese-cold-tofu>

## Ingredients:

- 6 ounces soba noodles
- 2 tablespoons toasted sesame oil
- 2 cucumbers large, or 1 large seedless cucumber
- 1/4 cup scallions chopped
- 1 tablespoon tamari or soy sauce
- 2 tablespoons rice vinegar
- 2 tablespoons ponzu sauce or extra tamari & rice vin with a squeeze of lime
- avocado slices
- sesame seeds
- tofu optional additions:, or a protein of your choice
- Sriracha optional:, or chile flakes

## Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 87 grams
3. Fat: 22 grams
4. Fiber: 7 grams
5. Protein: 18 grams
6. SaturatedFat: 3 grams
7. Sodium: 1330 milligrams
8. Sugar: 11 grams

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