

Cold Soba Noodle Salad

Yield: 3 min
Total Time: 12 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-soba-noodles-salad-recipe>

Ingredients:

- 7 ounces firm tofu
- 1/4 teaspoon salt
- 2 tablespoons vegetable oil
- 5 1/4 ounces shiitake mushrooms cleaned and sliced
- 1 tablespoon soy sauce
- 7 ounces soba noodles
- 2 tablespoons soy sauce
- 1 tablespoon toasted sesame oil
- 2 teaspoons maple syrup
- 1/2 teaspoon konbu
- 4 3/4 tablespoons scallions chopped
- 2 1/4 ounces shelled edamame
- sprouts Celery

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 61 grams
3. Fat: 20 grams
4. Fiber: 3 grams
5. Protein: 22 grams
6. SaturatedFat: 2 grams
7. Sodium: 1640 milligrams
8. Sugar: 3 grams

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