

# Somen (Japanese Cold Noodles)

Yield: 2 min  
Total Time: 25 min

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

## Ingredients:

- 2 bunches noodles dried somen, about 200g, 7oz in total, note 1
- 1 handful ice cubes
- 7/8 cup dashi stock note 2
- 3 3/8 tablespoons soy sauce
- 3 3/8 tablespoons mirin
- 2 tablespoons shallots finely chopped, scallions
- 1 tablespoon grated ginger
- leaves optional
- cucumber optional

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 7 grams
3. Fat: 1 grams
4. Fiber: 1 grams
5. Protein: 4 grams
6. Sodium: 1680 milligrams
7. Sugar: 1 grams

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