

Japanese Vegan Soba Noodle Bowl Mason Jar Salad

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-japanese-noodle-bowl-recipe>

Ingredients:

- 8 ounces soba noodles
- 8 ounces frozen shelled edamame thawed
- 8 ounces mushrooms sliced
- 2 carrots shredded
- 1/2 head red cabbage shredded
- 2 tablespoons soy sauce
- 2 tablespoons virgin olive oil extra-
- 1 lime squeezed
- 1/2 teaspoon ground black pepper

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 58 grams
3. Fat: 7 grams
4. Fiber: 4 grams
5. Protein: 12 grams
6. SaturatedFat: 1 grams
7. Sodium: 950 milligrams
8. Sugar: 8 grams

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