

Microwave Ramen

Ramen is a staple dish for many young adults. This version is extremely easy and more filling than the prepackaged versions. Use whatever protein and vegetables you have on hand and get creative with toppings. Popular toppings such as kimchi, gochujang, sriracha, or furikake will take this dish to the next level!

Ingredients for Life

Serves 1

Serving size: 2 cups

Prep time: 10 minutes

Cook time: 5 minutes

Total time: 15 minutes

Ingredients

- 1½ cups low-sodium broth (vegetable, chicken, or beef)
- 2 ounces ramen noodles, dried
- 1 teaspoon ginger, minced
- 2 teaspoons low-sodium soy sauce
- 1 teaspoon rice vinegar or lime juice
- 1 egg, soft boiled
- 1/2 cup mixed vegetables*
- 1 green onion, chopped

Optional toppings for serving: Sriracha, kimchi, green onions, gochujang, furikake, cabbage, sliced radish, jalapenos or chilis.

*Example options: shredded carrot, shelled edamame, sauteed mushrooms, corn kernels, cooked spinach, or bok choy.



Directions

1. In a medium, microwave-safe bowl, combine broth, noodles, and ginger.
2. Microwave for about 5 minutes, or until noodles are cooked through, stirring once halfway through.
3. Stir in soy sauce and rice vinegar
4. Top with egg, mixed vegetables, green onions, and optional toppings.

Nutrition Facts

Serves 1	
Serving size	2 cups (612g)
Amount per serving	
Calories	418
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	12%
Trans Fat 0g	
Cholesterol 187mg	62%
Sodium 838mg	35%
Total Carbohydrate 64g	21%
Dietary Fiber 6g	23%
Total Sugars 3g	
Protein 24g	44%
Vitamin D 44mcg	11%
Calcium 97mg	10%
Iron 3.5mg	19%
Potassium 657mg	19%
Phosphorus 276mg	28%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.