



Brussels Sprouts and Shiitake Lo Mein

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound brussels sprouts trimmed halved
- 1 ounce shiitake mushrooms dried
- 4 ounces extra wide egg noodles dried thin
- 1 tablespoon garlic minced
- 2 spring onion sliced
- 2 cups mung bean sprouts rinsed
- 6 servings soya sauce
- 0.5 cup vegetable stock

- 0.3 cup vegetable oil divided
- 0.5 teaspoon pepper white
- 0.5 small onion yellow sliced

Equipment

- bowl
- frying pan
- sauce pan
- ladle
- wok

Directions

- Put mushrooms in a heatproof bowl. Bring a medium saucepan filled with water to a boil. Ladle 2 cups water over mushrooms and let sit until very soft, 15 to 20 minutes.
- Add noodles to pan and cook until tender, about 6 minutes.
- Drain and set aside.
- Heat 2 tbsp. oil in a wok or large frying pan over high heat.
- Add brussels sprouts and onion and cook 3 minutes.
- Drain mushrooms and squeeze out any excess liquid, then add to wok. Cook, stirring occasionally, until onion starts to soften and brussels sprouts are bright green, about 3 minutes.
- Add garlic and cook until fragrant, about 2 minutes. Stir in seasonings and broth and cook until most of liquid is gone, about 3 minutes.
- Add remaining 2 tbsp. oil and the noodles, tossing to coat, and cook until hot, about 2 minutes.
- Add bean sprouts and cook just until warm.
- Transfer to a serving dish and sprinkle with green onions.
- Serve with soy sauce.

Nutrition Facts



■ PROTEIN 14.65% ■ FAT 38.28% ■ CARBS 47.07%

Properties

Glycemic Index:37.5, Glycemic Load:7.44, Inflammation Score:-7, Nutrition Score:20.911739206832%

Flavonoids

Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 227.64kcal (11.38%), Fat: 10.3g (15.85%), Saturated Fat: 1.69g (10.56%), Carbohydrates: 28.5g (9.5%), Net Carbohydrates: 23.42g (8.52%), Sugar: 4.38g (4.87%), Cholesterol: 15.88mg (5.29%), Sodium: 1110.48mg (48.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.87g (17.74%), Vitamin K: 170.37µg (162.26%), Vitamin C: 70.64mg (85.62%), Manganese: 0.67mg (33.52%), Selenium: 18.88µg (26.97%), Copper: 0.45mg (22.27%), Folate: 87.41µg (21.85%), Fiber: 5.08g (20.33%), Vitamin B6: 0.34mg (17.23%), Vitamin B5: 1.66mg (16.57%), Phosphorus: 159.23mg (15.92%), Potassium: 527.51mg (15.07%), Vitamin A: 670.84IU (13.42%), Vitamin B1: 0.2mg (13.25%), Vitamin B3: 2.63mg (13.17%), Iron: 2.36mg (13.12%), Vitamin B2: 0.22mg (13.05%), Magnesium: 50.93mg (12.73%), Vitamin E: 1.54mg (10.25%), Zinc: 1.3mg (8.7%), Calcium: 54.07mg (5.41%), Vitamin D: 0.24µg (1.61%)