

# Chap Chee Noodles

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



255 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 cup bamboo skewers drained sliced
- 0.3 pound beef top sirloin thinly sliced
- 0.3 teaspoon pepper black
- 0.5 cup carrots thinly sliced
- 3 ounces vermicelli
- 1 clove garlic minced
- 2 green onions finely chopped
- 0.3 pound napa cabbage sliced

- 0.5 teaspoon salt
- 1 tablespoon sesame oil
- 1 teaspoon sesame seed
- 2 tablespoons soya sauce
- 2 cups pkt spinach fresh chopped
- 1 tablespoon sugar
- 2 tablespoons vegetable oil

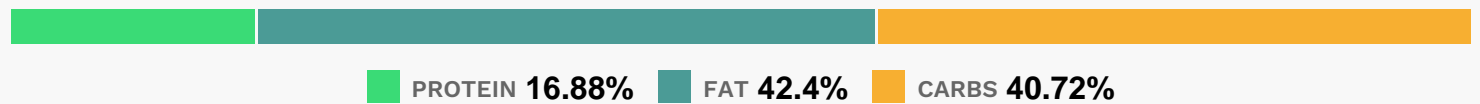
## Equipment

- bowl
- frying pan
- wok

## Directions

- In a large bowl, combine 1 tablespoon soy sauce, sesame oil, green onions, garlic, sesame seeds, 1 teaspoon sugar, and 1/4 teaspoon pepper. Stir in sliced beef, and marinate at room temperature for 15 minutes.
- Heat wok or large skillet over medium-high heat, then drizzle with oil. Cook beef until evenly brown. Stir in carrots, bamboo shoots, napa cabbage, and spinach.
- Add cellophane noodles, 2 tablespoons soy sauce, 1 tablespoon sugar, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Reduce heat to medium, and cook until heated through.

## Nutrition Facts



## Properties

Glycemic Index:89.23, Glycemic Load:3.23, Inflammation Score:-10, Nutrition Score:17.755652199621%

## Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

## Nutrients (% of daily need)

Calories: 254.99kcal (12.75%), Fat: 12.17g (18.72%), Saturated Fat: 2.12g (13.22%), Carbohydrates: 26.28g (8.76%), Net Carbohydrates: 24.46g (8.89%), Sugar: 4.87g (5.42%), Cholesterol: 22.3mg (7.43%), Sodium: 844.68mg (36.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.9g (21.8%), Vitamin K: 112.76µg (107.39%), Vitamin A: 4232.73IU (84.65%), Vitamin B6: 0.43mg (21.3%), Selenium: 14.16µg (20.23%), Manganese: 0.36mg (18.13%), Vitamin C: 14.38mg (17.43%), Folate: 66.43µg (16.61%), Vitamin B3: 3.31mg (16.55%), Zinc: 2.02mg (13.45%), Phosphorus: 130.86mg (13.09%), Iron: 2.08mg (11.55%), Potassium: 397.31mg (11.35%), Vitamin E: 1.34mg (8.92%), Magnesium: 34.51mg (8.63%), Vitamin B1: 0.11mg (7.53%), Copper: 0.15mg (7.33%), Fiber: 1.82g (7.29%), Vitamin B2: 0.12mg (7.26%), Calcium: 70.22mg (7.02%), Vitamin B12: 0.36µg (5.92%), Vitamin B5: 0.41mg (4.14%)