



 **38%**  
HEALTH SCORE

## Chapchae (Korean Stir-Fried Noodles)

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



402 kcal

SIDE DISH

### Ingredients

- 8 ounces sweet potato vermicelli noodles
- 1 onion sweet sliced into thin strips
- 2 cloves garlic finely chopped
- 0.5 pound baby spinach
- 2 carrots julienned
- 3 spring onion chopped
- 5 mushrooms sliced (I like to use creminis)
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- 0.5 cup zucchini sliced into half-moons
- 2 tablespoons olive oil
- 2 tablespoons sesame oil
- 3 tablespoons soya sauce
- 1 teaspoon sugar
- 4 servings salt to taste

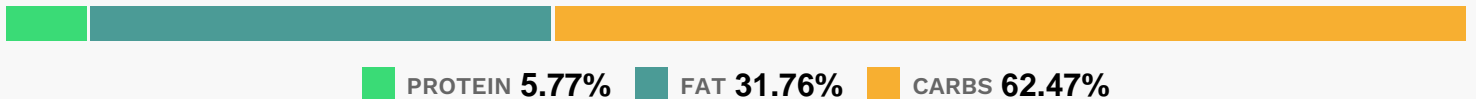
## Equipment

- frying pan
- wok

## Directions

- Cook noodles according to package directions
- In a large pan or wok over medium heat, heat olive oil and 1 Tbsp sesame oil
- Add onion slices and garlic and saut for about 1 min
- Add rest of vegetables and cook for 4-5 min, until the vegetables are half-cooked and still a bit crispy
- Turn heat to low and add cooked noodles, soy sauce, sugar, and the remaining sesame oil
- Mix to combine and cook for another 2 min
- Add salt or more soy sauce if needed (or if you want it a bit sweeter, add a touch more sugar)
- If using sesame seeds, add them at finish

## Nutrition Facts



## Properties

Glycemic Index:76.23, Glycemic Load:2.71, Inflammation Score:-10, Nutrition Score:23.420434782609%

## Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg,  
Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg  
Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 4.76mg, Kaempferol: 4.76mg,  
Kaempferol: 4.76mg, Kaempferol: 4.76mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg  
Quercetin: 15.42mg, Quercetin: 15.42mg, Quercetin: 15.42mg, Quercetin: 15.42mg

## Taste

Sweetness: 70.35%, Saltiness: 100%, Sourness: 35.01%, Bitterness: 56.73%, Savoriness: 88.06%, Fattiness: 86.36%,  
Spiciness: 0%

## Nutrients (% of daily need)

Calories: 402.1kcal (20.1%), Fat: 14.62g (22.49%), Saturated Fat: 2.05g (12.81%), Carbohydrates: 64.69g (21.56%),  
Net Carbohydrates: 59.79g (21.74%), Sugar: 8.67g (9.63%), Cholesterol: 0mg (0%), Sodium: 1025.94mg (44.61%),  
Protein: 5.98g (11.96%), Vitamin K: 302.62µg (288.21%), Vitamin A: 10533.69IU (210.67%), Folate: 155.28µg (38.82%),  
Manganese: 0.77mg (38.67%), Vitamin C: 27.69mg (33.56%), Vitamin B2: 0.39mg (22.74%), Potassium: 771.51mg  
(22.04%), Fiber: 4.91g (19.63%), Vitamin B6: 0.39mg (19.43%), Magnesium: 70.77mg (17.69%), Vitamin E: 2.55mg  
(16.99%), Copper: 0.33mg (16.57%), Vitamin B3: 3.29mg (16.43%), Iron: 2.67mg (14.84%), Phosphorus: 132.87mg  
(13.29%), Calcium: 110.16mg (11.02%), Vitamin B1: 0.16mg (10.78%), Vitamin B5: 1.05mg (10.48%), Selenium: 6.07µg  
(8.68%), Zinc: 0.9mg (6.01%)