



Chinese Fried Noodles

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



348 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 small carrots grated peeled
- 3 eggs beaten
- 4 spring onion thinly sliced
- 0.5 cup peas green
- 6 ounce japanese ramen noodles flavored
- 0.3 cup bell pepper red minced
- 2 tablespoons sesame oil
- 6 servings soya sauce

6 servings vegetable oil

Equipment

bowl

frying pan

wok

Directions

Boil ramen noodles for 3 minutes, or until softened, without flavor packets. Reserve flavor packets.

Drain noodles, and set aside.

Heat 1 tablespoon oil in a small skillet. Scramble eggs in a bowl. Cook and stir in hot oil until firm. Set aside.

In a separate skillet, heat 1 teaspoon of oil over medium heat. Cook and stir green onions in oil for 2 to 3 minutes, or until softened.

Transfer to a separate dish, and set aside.

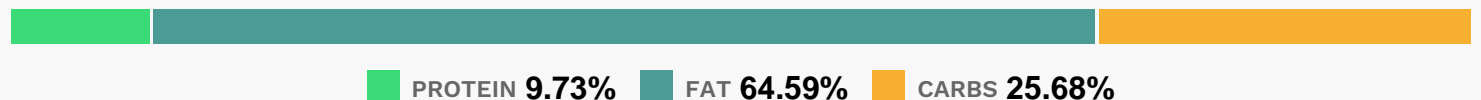
Heat another teaspoon of cooking oil in the same skillet. Cook and stir the the carrots, peas, and bell peppers separately in the same manner, setting each aside when done.

Combine 2 tablespoons sesame oil with 1 tablespoon of vegetable oil in a separate skillet or wok. Fry noodles in oil for 3 to 5 minutes over medium heat, turning regularly.

Sprinkle soy sauce, sesame oil, and desired amount of reserved ramen seasoning packets over noodles, and toss to coat.

Add vegetables, and continue cooking, turning frequently, for another 5 minutes.

Nutrition Facts



Properties

Glycemic Index:36.19, Glycemic Load:9.2, Inflammation Score:-8, Nutrition Score:12.699565217391%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 348.26kcal (17.41%), Fat: 25.31g (38.94%), Saturated Fat: 5.65g (35.29%), Carbohydrates: 22.64g (7.55%), Net Carbohydrates: 20.58g (7.48%), Sugar: 2.36g (2.62%), Cholesterol: 81.84mg (27.28%), Sodium: 1621.8mg (70.51%), Protein: 8.58g (17.15%), Vitamin K: 49.02µg (46.69%), Vitamin A: 1880.95IU (37.62%), Vitamin B1: 0.36mg (23.77%), Vitamin C: 14.86mg (18.01%), Manganese: 0.32mg (15.99%), Folate: 63.03µg (15.76%), Selenium: 10.01µg (14.3%), Vitamin E: 2.08mg (13.88%), Vitamin B2: 0.23mg (13.75%), Iron: 2.3mg (12.78%), Phosphorus: 121.24mg (12.12%), Vitamin B3: 2.32mg (11.61%), Fiber: 2.06g (8.23%), Vitamin B6: 0.15mg (7.65%), Copper: 0.12mg (6.11%), Potassium: 210.6mg (6.02%), Magnesium: 23.69mg (5.92%), Zinc: 0.82mg (5.46%), Vitamin B5: 0.54mg (5.44%), Vitamin B12: 0.27µg (4.44%), Calcium: 36.11mg (3.61%), Vitamin D: 0.44µg (2.93%)