



Chinese Noodle Pancakes with Asparagus

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



533 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 pound asparagus fresh
- 2 tablespoons canola oil
- 1 tablespoon cornstarch
- 2 teaspoons sesame oil dark
- 1 tablespoon fermented black beans
- 1 teaspoon ginger root fresh minced
- 2 cloves garlic minced
- 2 tablespoons rice wine chinese

- 4 servings salt and pepper to taste
- 2 tablespoons soya sauce
- 8 ounces pkt spinach with stems, rinsed
- 1 cup water
- 1 pound wheat noodles fresh chinese

Equipment

- frying pan
- oven
- mixing bowl
- pot

Directions

- In a large pot of water boil noodles until al dente.
- Drain well. Rinse with cool water until the noodles are cool.
- Break off the tough ends of the asparagus, and cut the rest of the spears into 2-inch lengths. In a large skillet, heat 1 tablespoon of the oil over medium heat.
- Add the garlic and ginger, saute for 1 minute, make sure not to brown the garlic.
- Add the asparagus and 1/2 cup water. Simmer for 2 minutes.
- Put the cornstarch into a small mixing bowl, stir in the remaining 1/2 cup water and the rice wine or sherry. Stir well.
- Add this mixture, the soy sauce, and the fermented black beans, if you're using them, to the simmering vegetables.
- Let the sauce boil for a few seconds, add the spinach and stir until it wilts.
- Remove the skillet from the heat
- Heat the remaining oil in a skillet over high heat. Divide the noodles into four mounds, and place the mounds of noodles in the hot frying pan. Flatten the mounds in the frying pan so that more surface area will brown, reduce the heat to medium-high, and fry the cakes for at least 5 minutes, until they develop a golden-brown crust on the bottom. Turn the cakes over, and fry them for 3 minutes

- While the noodle cakes cook, reheat the vegetables and the sauce slightly.
- Add the sesame oil, salt and pepper to the vegetable mixture.
- Place the noodle cakes on plates, spoon the sauce and vegetables over and around the cakes, and serve.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.8, Inflammation Score:-10, Nutrition Score:37.772173964459%

Flavonoids

Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 4.41mg, Kaempferol: 4.41mg, Kaempferol: 4.41mg, Kaempferol: 4.41mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 10.2mg, Quercetin: 10.2mg, Quercetin: 10.2mg, Quercetin: 10.2mg

Nutrients (% of daily need)

Calories: 532.77kcal (26.64%), Fat: 11.3g (17.38%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 93.13g (31.04%), Net Carbohydrates: 90.21g (32.8%), Sugar: 1.61g (1.78%), Cholesterol: 0mg (0%), Sodium: 755.29mg (32.84%), Alcohol: 1.21g (100%), Alcohol %: 0.48% (100%), Protein: 21.6g (43.2%), Vitamin K: 302.73µg (288.32%), Manganese: 4.14mg (206.76%), Selenium: 85.1µg (121.57%), Vitamin A: 5745.45IU (114.91%), Magnesium: 220.19mg (55.05%), Folate: 205.84µg (51.46%), Vitamin B1: 0.69mg (45.81%), Iron: 7.17mg (39.82%), Phosphorus: 364.71mg (36.47%), Copper: 0.72mg (36.24%), Vitamin B3: 7.15mg (35.76%), Vitamin C: 19.6mg (23.76%), Vitamin B6: 0.45mg (22.62%), Zinc: 3.36mg (22.41%), Vitamin B2: 0.36mg (21.46%), Vitamin E: 3.05mg (20.31%), Potassium: 703.86mg (20.11%), Vitamin B5: 1.35mg (13.52%), Calcium: 122.75mg (12.28%), Fiber: 2.92g (11.68%)