

Cook the Book: Rice Noodles with Chinese Broccoli and Shiitake Mushrooms

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



326 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 ounces broccoli chinese cut into 2-inch pieces (also called gai lan)
- ☐ 1 tablespoon canola oil
- ☐ 2 teaspoons cornstarch mixed with 2 tablespoons cold water
- ☐ 1 tablespoon ginger fresh minced peeled to taste
- ☐ 2 garlic clove minced
- ☐ 0.8 cup chicken stock low-sodium homemade store-bought
- ☐ 1 tablespoon rice vinegar (not seasoned)

- ☐ 4 spring onion white
- ☐ 2 teaspoons sesame oil toasted
- ☐ 8 mushroom caps stemmed quartered
- ☐ 1 teaspoon sugar
- ☐ 3 tablespoons tamari sauce low-sodium
- ☐ 1 tablespoon thai fish sauce (also called nam pla)
- ☐ 8 ounces vermicelli ()

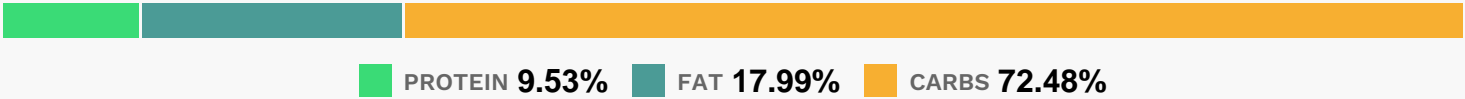
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ wok

Directions

- ☐ Cover the noodles with very hot water in a large bowl, and let soak 30 minutes.
- ☐ Drain the noodles, and set aside.
- ☐ Meanwhile, bring a large pot of water to a boil.
- ☐ Add the broccoli; cook until crisp tender, about 1 minute.
- ☐ Drain; set aside.
- ☐ Stir together the tamari, fish sauce, vinegar, sugar, and stock in a small bowl; set aside.
- ☐ Heat the canola oil in a large nonstick skillet or a wok over medium heat until but not smoking.
- ☐ Add the ginger, garlic, and mushroom caps; cook, stirring, until the mushrooms are soft, about 2 minutes.
- ☐ Add the tamari mixture to the skillet; bring to a simmer over high heat. Stir in the cornstarch mixture , and simmer 2 minutes.
- ☐ Add the reserved noodles and broccoli, along with the scallions, and toss to coat.
- ☐ Drizzle with the sesame oil, and toss again.
- ☐ Serve with red pepper flakes, sesame seeds, and salt for sprinkling, if desired.

Nutrition Facts



Properties

Glycemic Index:83.52, Glycemic Load:29.49, Inflammation Score:-7, Nutrition Score:19.521739094154%

Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 6.83mg, Kaempferol: 6.83mg, Kaempferol: 6.83mg, Kaempferol: 6.83mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 326.05kcal (16.3%), Fat: 6.6g (10.15%), Saturated Fat: 0.81g (5.09%), Carbohydrates: 59.79g (19.93%), Net Carbohydrates: 55.48g (20.17%), Sugar: 3.89g (4.32%), Cholesterol: 0mg (0%), Sodium: 1257mg (54.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.86g (15.71%), Vitamin K: 114.38µg (108.94%), Vitamin C: 78.7mg (95.39%), Manganese: 0.65mg (32.71%), Phosphorus: 213mg (21.3%), Selenium: 13.15µg (18.79%), Folate: 71.56µg (17.89%), Fiber: 4.31g (17.26%), Vitamin B6: 0.32mg (15.87%), Vitamin B3: 3.08mg (15.42%), Potassium: 497.05mg (14.2%), Vitamin A: 650.17IU (13%), Vitamin B2: 0.22mg (12.84%), Magnesium: 47.58mg (11.89%), Vitamin B5: 1.01mg (10.14%), Iron: 1.8mg (10.01%), Copper: 0.19mg (9.4%), Vitamin E: 1.38mg (9.17%), Zinc: 1.24mg (8.26%), Calcium: 69.05mg (6.9%), Vitamin B1: 0.1mg (6.71%), Vitamin B12: 0.07µg (1.1%)