



Curried Vegetable Lo Mein



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon brown sugar
- ☐ 1 tablespoon canola oil
- ☐ 1 cup matchstick-cut carrot
- ☐ 1 tablespoon curry powder
- ☐ 2 cups bean sprouts fresh
- ☐ 3 garlic cloves minced
- ☐ 1 tablespoon julienne-cut ginger fresh peeled
- ☐ 8 ounces lo mein noodles hot cooked uncooked

- ☐ 0.8 cup chicken broth low-sodium
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1.5 cups bell pepper red cut into 1/4-inch strips
- ☐ 0.5 cup scallions sliced
- ☐ 1 tablespoon sesame oil toasted
- ☐ 1 cup mushroom caps sliced

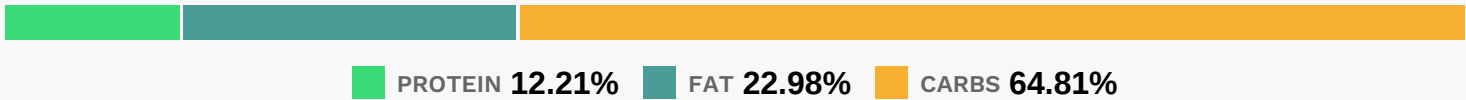
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine the noodles and sesame oil in a large bowl.
- ☐ Heat the canola oil in a large nonstick skillet over medium-high heat.
- ☐ Add the ginger and garlic; saut for 30 seconds.
- ☐ Add the curry powder and sugar; saut for 15 seconds. Stir in the broth; bring to a boil.
- ☐ Add the carrot, bell pepper, and mushrooms; cook for 30 seconds. Cover and cook for 1 minute.
- ☐ Add the sprouts and scallions; cook, uncovered, for 1 minute.
- ☐ Add the noodle mixture and soy sauce; cook for 2 minutes, or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:48.21, Glycemic Load:2.95, Inflammation Score:-10, Nutrition Score:22.330434736998%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 343.87kcal (17.19%), Fat: 9.17g (14.11%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 58.17g (19.39%), Net Carbohydrates: 51.78g (18.83%), Sugar: 8.32g (9.25%), Cholesterol: 0mg (0%), Sodium: 509.45mg (22.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.96g (21.92%), Vitamin A: 7245.9IU (144.92%), Vitamin C: 83.58mg (101.31%), Vitamin K: 54.51µg (51.91%), Fiber: 6.39g (25.55%), Manganese: 0.5mg (24.81%), Vitamin B6: 0.49mg (24.55%), Vitamin B3: 4.29mg (21.43%), Folate: 84.94µg (21.24%), Vitamin B2: 0.3mg (17.82%), Potassium: 610.35mg (17.44%), Phosphorus: 157.56mg (15.76%), Vitamin E: 2.25mg (14.97%), Vitamin B5: 1.36mg (13.62%), Copper: 0.25mg (12.47%), Magnesium: 46.4mg (11.6%), Iron: 1.92mg (10.68%), Zinc: 1.26mg (8.41%), Vitamin B1: 0.12mg (8.15%), Selenium: 4.33µg (6.19%), Calcium: 47.47mg (4.75%), Vitamin D: 0.23µg (1.51%)