



## Dry-Fried Chow Fun with Chinese Broccoli

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



1082 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.7 pound broccoli (chinese cut into small florets)
- 2 pounds chow mein noodles (fresh (see note))
- 2 tablespoons fermented black beans (whole)
- 1 large onion (finely sliced)
- 0.3 cup oyster sauce
- 6 tablespoons vegetable oil; peanut oil preferred
- 2 cups spring onion (cut into 1-inch segments)
- 2 tablespoons soya sauce (dark)

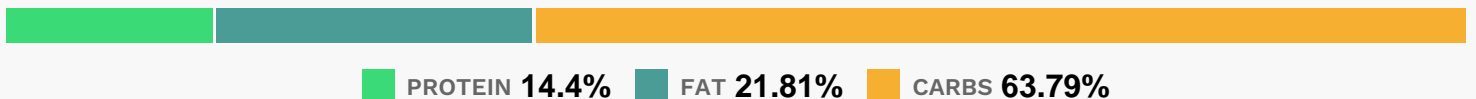
## Equipment

- bowl
- wok

## Directions

- Slice noodles lengthwise into 3/4- to 1-inch segments and set aside.
- Heat 1 tablespoon oil in large wok over high heat until smoking.
- Add chinese broccoli and cook without disturbing until well-browned, about 1 minute. Toss and continue to cook, stirring occasionally until tender but still bright green, about 2 minutes longer.
- Transfer broccoli to large bowl and set aside.
- Heat another tablespoon oil in wok until smoking.
- Add onion and cook, stirring occasionally, until well-browned and tender, about 2 minutes total.
- Transfer to bowl with broccoli.
- Heat remaining 1/4 cup oil in wok over high heat until smoking.
- Add noodles and cook, carefully lifting and separating the noodles until completely heated through and lightly charred.
- Add broccoli, onions, scallions, black beans, soy sauce, and oyster sauce to wok. Carefully fold ingredients together, being careful to break noodles as little as possible. Cook until all ingredients are heated through and noodles are relatively dry (there should be no soupy sauce leftover).
- Transfer to a warm serving platter and serve.

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:2.57, Inflammation Score:-8, Nutrition Score:21.613913214725%

## Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 6.85mg, Kaempferol: 6.85mg, Kaempferol: 6.85mg, Kaempferol: 6.85mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 15.42mg, Quercetin: 15.42mg, Quercetin: 15.42mg, Quercetin: 15.42mg

## **Nutrients (% of daily need)**

Calories: 1082.12kcal (54.11%), Fat: 26.32g (40.49%), Saturated Fat: 3.77g (23.59%), Carbohydrates: 173.21g (57.74%), Net Carbohydrates: 156.34g (56.85%), Sugar: 8.5g (9.45%), Cholesterol: 0mg (0%), Sodium: 2350.81mg (102.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.11g (78.22%), Vitamin K: 180.91µg (172.29%), Vitamin C: 79.62mg (96.51%), Fiber: 16.87g (67.5%), Iron: 8.98mg (49.88%), Vitamin E: 4.17mg (27.79%), Folate: 90.55µg (22.64%), Vitamin A: 970.23IU (19.4%), Manganese: 0.34mg (16.99%), Potassium: 458.55mg (13.1%), Vitamin B6: 0.23mg (11.41%), Vitamin B2: 0.17mg (10.01%), Phosphorus: 94.16mg (9.42%), Calcium: 88.1mg (8.81%), Magnesium: 33.81mg (8.45%), Vitamin B1: 0.11mg (7.01%), Vitamin B3: 1.36mg (6.79%), Copper: 0.13mg (6.33%), Vitamin B5: 0.55mg (5.53%), Selenium: 3.09µg (4.41%), Zinc: 0.62mg (4.15%)