



Dry Mee Siam

 Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



957 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 servings spice paste
- 120 g bean sprouts
- 2 pepper flakes red (remove seeds, if you don't want it too spicy)
- 3 stalks chives chinese
- 2 eggs lightly beaten
- 3 servings fish sauce to taste
- 5 garlic
- 3 servings lime green red cut

- 3 tablespoon cooking oil
- 250 g vermicelli
- 250 g vermicelli
- 5 shallots
- 15 (soya sauce with a dash of pepper and little soya sauce) shelled deveined
- 1 teaspoon sugar
- 1 piece tofu firm (tofu)
- 2 tablespoon frangelico yellow
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Equipment

- food processor
- wok

Directions

- Soak the vermicelli in water till soft for about 30 minutes (I used chilli brand),
- Drain and set aside. Using a food processor, grind the spice paste till fine and set aside.
- Heat wok with some oil and make the beaten eggs into an omelette. Fold and slice the omelette thinly. Set aside.
- Heat up the wok and add 3 tablespoons of oil. Once the oil is heated, fry the spice paste until aromatic and the oil separates. This ensures that the chillies are cooked through and you will not get that 'grassy' taste of raw chillies.
- Add shrimps, stir-frying until half done, then add the fried tofu pieces.
- Add the vermicelli and keep stirring until the spice paste has spread evenly. (you may add about half cup of water to it if you find the rice vermicelli is still quite dry when frying)
- Add sugar and salt to taste, if required, followed by bean sprouts and chives. Continue to stir-fry until the vegetables are cooked. Taste and adjust the seasoning by adding more salt or sugar to taste. If the noodles taste bland, add a little soy sauce/fish sauce to taste.
- Garnish with shredded omelette, green lime and some red chillies on mee siam when serve.

Nutrition Facts

PROTEIN 10.55% FAT 22.7% CARBS 66.75%

Properties

Glycemic Index:132.7, Glycemic Load:83.51, Inflammation Score:-7, Nutrition Score:22.011304347826%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Taste

Sweetness: 79.14%, Saltiness: 44.95%, Sourness: 43.91%, Bitterness: 43.31%, Savoriness: 100%, Fattiness: 95.5%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 956.74kcal (47.84%), Fat: 23.91g (36.78%), Saturated Fat: 2.94g (18.38%), Carbohydrates: 158.16g (52.72%), Net Carbohydrates: 151.54g (55.1%), Sugar: 8.74g (9.71%), Cholesterol: 109.12mg (36.37%), Sodium: 719.22mg (31.27%), Protein: 24.99g (49.97%), Vitamin C: 55.99mg (67.87%), Manganese: 1.21mg (60.32%), Selenium: 35.95µg (51.35%), Phosphorus: 388.64mg (38.86%), Vitamin K: 30.06µg (28.63%), Fiber: 6.63g (26.52%), Iron: 4.73mg (26.3%), Calcium: 251.37mg (25.14%), Vitamin B6: 0.49mg (24.3%), Vitamin E: 3.04mg (20.29%), Folate: 67.42µg (16.86%), Copper: 0.32mg (16.02%), Vitamin B2: 0.26mg (15.45%), Zinc: 2.12mg (14.1%), Magnesium: 53.41mg (13.35%), Vitamin A: 659.17IU (13.18%), Potassium: 429.5mg (12.27%), Vitamin B1: 0.16mg (10.64%), Vitamin B5: 0.94mg (9.36%), Vitamin B3: 1.42mg (7.11%), Vitamin B12: 0.27µg (4.43%), Vitamin D: 0.59µg (3.91%)