



Easy Shrimp Lo Mein

 Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



828 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup broccoli chopped
- 2 tablespoons brown sugar
- 3 crimini mushrooms sliced
- 2 large eggs
- 2 teaspoons fish sauce
- 2 cloves garlic minced
- 0.5 teaspoon garlic powder
- 0.5 teaspoon ground ginger

- 2 tablespoons oyster sauce
- 1 pound shrimp deveined uncooked peeled
- 2 tablespoons soya sauce
- 8 ounce pasta like spaghetti
- 2 teaspoons vegetable oil
- 0.3 onion yellow thinly sliced

Equipment

- bowl
- frying pan
- pot
- wok

Directions

- Bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water until cooked through yet firm to the bite, about 12 minutes; drain.
- Mix soy sauce, oyster sauce, brown sugar, fish sauce, garlic powder, and ground ginger in a bowl until the sugar dissolves.
- Heat oil in a large skillet or wok over medium heat; cook and stir shrimp in hot oil until they start to change color, 1 to 2 minutes.
- Add broccoli, onion, and mushrooms; cook until just beginning to soften, 3 to 5 minutes. Stir garlic through the vegetable mixture. Push the vegetables to one side of the pan. Cook the eggs in the clear space in the pan, scrambling lightly, until no longer moist, 3 to 5 minutes. Stir the cooked egg with shrimp and vegetables.
- Add the cooked noodles and the sauce; cook and stir until hot and evenly mixed, about 2 minutes more.
- Serve immediately.

Nutrition Facts



PROTEIN 34.6% **FAT 13.52%** **CARBS 51.88%**

Properties

Glycemic Index:75.5, Glycemic Load:35.32, Inflammation Score:-7, Nutrition Score:35.655651797419%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 3.55mg, Kaempferol: 3.55mg, Kaempferol: 3.55mg, Kaempferol: 3.55mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 828.13kcal (41.41%), Fat: 12.44g (19.13%), Saturated Fat: 2.88g (18.01%), Carbohydrates: 107.38g (35.79%), Net Carbohydrates: 101.8g (37.02%), Sugar: 17.29g (19.21%), Cholesterol: 551.14mg (183.71%), Sodium: 2336.9mg (101.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 71.63g (143.26%), Selenium: 98.5µg (140.71%), Phosphorus: 904.49mg (90.45%), Manganese: 1.63mg (81.32%), Copper: 1.5mg (75.11%), Vitamin K: 53.53µg (50.98%), Vitamin C: 41.26mg (50.01%), Magnesium: 180.69mg (45.17%), Zinc: 6mg (40.01%), Potassium: 1322.83mg (37.8%), Vitamin B2: 0.56mg (32.77%), Iron: 4.78mg (26.58%), Calcium: 254.7mg (25.47%), Vitamin B6: 0.49mg (24.64%), Vitamin B3: 4.61mg (23.03%), Folate: 91.37µg (22.84%), Fiber: 5.59g (22.34%), Vitamin B5: 2.09mg (20.94%), Vitamin B1: 0.21mg (14.05%), Vitamin A: 545.53IU (10.91%), Vitamin B12: 0.58µg (9.63%), Vitamin E: 1.37mg (9.16%), Vitamin D: 1.03µg (6.87%)