



WHATSheATE



Easy Vegetable Chow Mein



Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



989 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup vegetable stock (from 32-oz carton)
- ☐ 4 cups chow mein noodles
- ☐ 2.5 cups coleslaw mix
- ☐ 2 tablespoons cornstarch
- ☐ 2 garlic clove finely chopped
- ☐ 2 tablespoons oyster sauce
- ☐ 0.3 teaspoon hot sauce red
- ☐ 1 lb sugar snap peas frozen

☐ 2 tablespoons vegetable oil

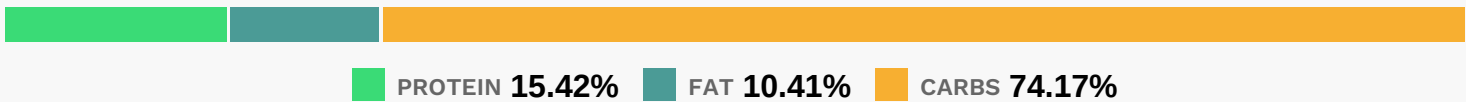
Equipment

☐ frying pan

Directions

- ☐ Mix broth, cornstarch, oyster sauce and pepper sauce; set aside.
- ☐ Heat oil in 10-inch nonstick skillet over medium-high heat. Cook garlic and frozen vegetables in oil about 5 minutes, stirring frequently, until vegetables are crisp-tender.
- ☐ Stir in coleslaw mix and broth mixture. Cook and stir 1 1/2 minutes.
- ☐ Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:1.11, Inflammation Score:-8, Nutrition Score:19.863478220027%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 988.66kcal (49.43%), Fat: 11.34g (17.44%), Saturated Fat: 1.1g (6.89%), Carbohydrates: 181.74g (60.58%), Net Carbohydrates: 164.93g (59.97%), Sugar: 10.69g (11.88%), Cholesterol: 0mg (0%), Sodium: 1979.01mg (86.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.77g (75.54%), Vitamin C: 84.72mg (102.69%), Vitamin K: 74.14µg (70.61%), Fiber: 16.82g (67.27%), Iron: 10.22mg (56.79%), Vitamin A: 1401.19IU (28.02%), Manganese: 0.38mg (18.94%), Folate: 67.85µg (16.96%), Vitamin B1: 0.2mg (13.38%), Vitamin B6: 0.26mg (12.81%), Vitamin B5: 0.95mg (9.54%), Potassium: 312.53mg (8.93%), Magnesium: 33.33mg (8.33%), Phosphorus: 76.3mg (7.63%), Calcium: 71.96mg (7.2%), Vitamin B2: 0.12mg (7.13%), Vitamin E: 1.07mg (7.1%), Copper: 0.12mg (5.88%), Vitamin B3: 0.93mg (4.63%), Zinc: 0.41mg (2.75%), Selenium: 1.65µg (2.35%)