

food
network



HEALTH SCORE

62%

Everything Lo Mein



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



1146 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bean sprouts fresh shredded generous
- ☐ 4 servings bell pepper black
- ☐ 1 small can water chestnuts sliced
- ☐ 3 chicken breast cutlets thinly sliced into strips
- ☐ 2 large eggs beaten
- ☐ 2 inches ginger fresh grated chopped
- ☐ 4 cloves garlic finely chopped
- ☐ 2 teaspoons ground coriander

- ☐ 3 tablespoons hoisin sauce
- ☐ 2 teaspoons hot sauce
- ☐ 3 pork chops thin cut thinly sliced into strips
- ☐ 1 bell pepper red seeded sliced cut into quarters, , then
- ☐ 4 servings salt
- ☐ 6 scallions sliced lengthwise cut into 3-inch lengths then
- ☐ 0.5 pound mushroom caps chopped
- ☐ 3 tablespoons soy dark
- ☐ 1 pound pasta like spaghetti
- ☐ 0.3 cup vegetable oil divided
- ☐ 3 tablespoons water

Equipment

- ☐ frying pan

Directions

- ☐ Mix together sauce ingredients and reserve.
- ☐ Bring pasta water to a boil, salt water and cook spaghetti to al dente.
- ☐ While pasta cooks, heat a tablespoon of vegetable oil in a large, nonstick skillet over high heat. When oil ripples, add beaten eggs and scramble them to light golden brown, remove and reserve.
- ☐ Season the meat with salt, pepper and coriander.
- ☐ Heat the remaining vegetable oil to a ripple, then add meat and stir-fry 4 minutes, push meat to the side and add ginger, garlic and veggies. Stir-fry veggies 2 minutes, then drain and add pasta and eggs back to skillet.
- ☐ Pour sauce over the spaghetti and toss to combine. Turn off pan. Toss 30 seconds and let the liquids absorb.

Nutrition Facts



Properties

Glycemic Index:53.75, Glycemic Load:35.84, Inflammation Score:-9, Nutrition Score:50.760434855586%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 1145.64kcal (57.28%), Fat: 40.46g (62.25%), Saturated Fat: 8.31g (51.91%), Carbohydrates: 113.31g (37.77%), Net Carbohydrates: 103.11g (37.5%), Sugar: 13.85g (15.39%), Cholesterol: 269.17mg (89.73%), Sodium: 749.18mg (32.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 80.63g (161.26%), Selenium: 172.09µg (245.84%), Vitamin B3: 31.16mg (155.8%), Vitamin B6: 2.71mg (135.3%), Phosphorus: 984.64mg (98.46%), Vitamin K: 100.71µg (95.92%), Manganese: 1.58mg (79.12%), Vitamin B1: 0.99mg (65.95%), Vitamin C: 54.36mg (65.89%), Vitamin B5: 5.34mg (53.36%), Potassium: 1813.4mg (51.81%), Vitamin B2: 0.82mg (48.33%), Magnesium: 176.07mg (44.02%), Fiber: 10.2g (40.79%), Zinc: 5.87mg (39.16%), Copper: 0.77mg (38.38%), Iron: 5.29mg (29.4%), Folate: 111.69µg (27.92%), Vitamin A: 1316.5IU (26.33%), Vitamin E: 3.9mg (25.99%), Vitamin B12: 1.09µg (18.24%), Calcium: 97.63mg (9.76%), Vitamin D: 1.3µg (8.66%)