






 **27%**
HEALTH SCORE

Fried Bee Hoon/ Vermicelli

 Dairy Free

READY IN

45 min.

SERVINGS

3

CALORIES

433 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 8 medium shells deveined
- 1 handful bean sprouts
- 2 garlic clove chopped
- 2 stalks spring onion chopped (to 2- inches lengths)
- 3 servings chicken breast boneless chopped
- 1 small carrots chopped
- 3 servings olive oil
- 1 Dashes pepper white

- 4 tablespoons soya sauce
- 1 tablespoon chicken
- 1 sugar
- 1 packet vermicelli (follow packet's cooking instructions)
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- 0.5 cup water
- 1 tablespoon frangelico (I use Thai Choice brand)
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Equipment

- bowl
- wok

Directions

- Mix sugar, white pepper, soy sauce, water in the bowl and set aside. In another bowl, marinate the chicken with cornstarch.
- Heat up a wok and add in the cooking oil.
- Add in the chopped garlic and stir-fry until aromatic or turn light brown.
- Stir in the chicken meat and fry until the chicken is cooked through.
- Add in shrimps and continue stir-frying until cooked.
- Add in the vermicelli and then follow by seasonings. Toss the rice sticks continuously until fully coated.
- Continue to stir fry for 3 minutes or until noodles turn soft, then throw in bean sprouts and spring onions. Stir-fry until the bean sprouts are cooked.
- Serve immediately.

Nutrition Facts

 **PROTEIN 49.2%**  **FAT 43.92%**  **CARBS 6.88%**

Properties

Glycemic Index:117.31, Glycemic Load:2.36, Inflammation Score:-9, Nutrition Score:27.332173913043%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Taste

Sweetness: 14.71%, Saltiness: 100%, Sourness: 14.66%, Bitterness: 21.86%, Savoriness: 67.83%, Fattiness: 63.6%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 433.46kcal (21.67%), Fat: 20.74g (31.9%), Saturated Fat: 3.45g (21.56%), Carbohydrates: 7.31g (2.44%), Net Carbohydrates: 6.21g (2.26%), Sugar: 1.82g (2.02%), Cholesterol: 148.34mg (49.45%), Sodium: 1623.04mg (70.57%), Protein: 52.26g (104.53%), Vitamin B3: 25.13mg (125.63%), Selenium: 75.37µg (107.67%), Vitamin B6: 1.82mg (90.76%), Vitamin A: 2939.04IU (58.78%), Phosphorus: 531.73mg (53.17%), Vitamin B5: 3.43mg (34.32%), Potassium: 986.86mg (28.2%), Vitamin K: 27.86µg (26.53%), Magnesium: 75.7mg (18.93%), Vitamin E: 2.62mg (17.46%), Vitamin B2: 0.29mg (17.02%), Manganese: 0.27mg (13.37%), Vitamin B1: 0.18mg (12.27%), Zinc: 1.62mg (10.83%), Iron: 1.82mg (10.13%), Vitamin B12: 0.47µg (7.79%), Vitamin C: 6.02mg (7.29%), Copper: 0.13mg (6.7%), Folate: 22.74µg (5.68%), Fiber: 1.1g (4.39%), Calcium: 34.46mg (3.45%), Vitamin D: 0.24µg (1.57%)