



WHATSheATE



Indonesian Stir-Fried Noodles (Bakmi Goreng)



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 celery stalk thinly sliced
- ☐ 6 ounces extra wide egg noodles dried chinese
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup d fried onions
- ☐ 2 garlic cloves minced
- ☐ 0.8 cup green onions sliced
- ☐ 1 tablespoon soy sauce sweet (soy sauce)
- ☐ 3 tablespoons lower-sodium chicken broth fat-free

- ☐ 1 tablespoon lower-sodium soy sauce
- ☐ 2 cups napa cabbage thinly sliced
- ☐ 3 tablespoons vegetable oil; peanut oil preferred divided
- ☐ 4 ounces pork loin chop boneless sliced
- ☐ 6 ounces chicken breast boneless skinless thinly sliced

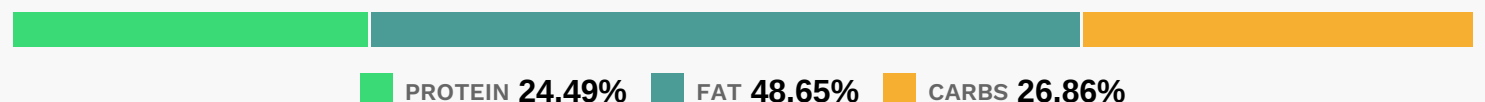
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Pour eggs into pan; swirl to form a thin omelet. Cook 1 minute or until cooked on bottom. Carefully turn omelet over; cook 30 seconds.
- ☐ Remove from pan.
- ☐ Roll up omelet; cut roll crosswise into thin strips. Keep warm.
- ☐ Cook noodles according to package directions.
- ☐ Drain and rinse with cold water; drain and set aside.
- ☐ Heat a wok over high heat.
- ☐ Add 2 tablespoons oil; swirl.
- ☐ Add chicken, pork, and garlic; stir-fry 1 1/2 minutes.
- ☐ Add cabbage, green onions, and celery; stir-fry 1 minute. Stir in broth, kecap manis, and soy sauce.
- ☐ Add noodles; stir-fry 3 minutes or until thoroughly heated and noodles begin to lightly brown.
- ☐ Add egg; toss gently. Top with fried onions.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:15.767826038858%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 365.94kcal (18.3%), Fat: 19.52g (30.02%), Saturated Fat: 5.06g (31.62%), Carbohydrates: 24.24g (8.08%), Net Carbohydrates: 22.37g (8.14%), Sugar: 4.84g (5.38%), Cholesterol: 138.08mg (46.03%), Sodium: 482.13mg (20.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.1g (44.2%), Vitamin K: 55.67µg (53.02%), Selenium: 29.71µg (42.45%), Vitamin B6: 0.7mg (35.02%), Vitamin B3: 6.39mg (31.96%), Phosphorus: 229.72mg (22.97%), Vitamin C: 14.79mg (17.93%), Vitamin B2: 0.26mg (15.04%), Vitamin E: 2.2mg (14.65%), Folate: 57.64µg (14.41%), Potassium: 484.93mg (13.86%), Vitamin B1: 0.19mg (12.88%), Vitamin B5: 1.28mg (12.79%), Iron: 2.08mg (11.55%), Vitamin A: 460.16IU (9.2%), Zinc: 1.29mg (8.61%), Magnesium: 33.36mg (8.34%), Manganese: 0.16mg (8.03%), Vitamin B12: 0.45µg (7.54%), Fiber: 1.87g (7.48%), Calcium: 64.62mg (6.46%), Vitamin D: 0.66µg (4.37%), Copper: 0.08mg (4.1%)