



Lo Mein Noodles

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



352 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 large carrots cut into large matchsticks
- 3 stalks celery sliced
- 2 green onions sliced
- 0.3 teaspoon ground ginger
- 2 tablespoons honey
- 3 tablespoons soya sauce low-sodium
- 8 ounce pasta like spaghetti
- 0.5 onion sweet thinly sliced

- 2 tablespoons teriyaki sauce
- 2 tablespoons vegetable oil

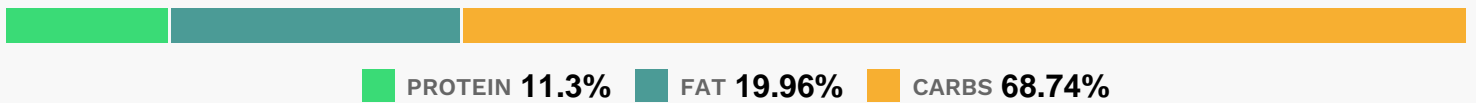
Equipment

- bowl
- frying pan
- whisk
- pot
- wok

Directions

- Bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water, stirring occasionally until cooked through but firm to the bite, about 12 minutes; drain. Rinse spaghetti with cold water to cool; drain.
- Whisk soy sauce, teriyaki sauce, honey, and ground ginger together in a bowl.
- Heat oil in a large skillet or wok over high heat. Cook and stir celery, carrots, sweet onion, and green onion in the hot oil until slightly tender, 5 to 7 minutes; add spaghetti and sauce mixture. Continue to cook, tossing to mix, until the noodles and sauce are hot, about 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:51.28, Glycemic Load:22.9, Inflammation Score:-10, Nutrition Score:16.827391272006%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg

Nutrients (% of daily need)

Calories: 351.77kcal (17.59%), Fat: 7.88g (12.12%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 61.06g (20.35%), Net Carbohydrates: 57.1g (20.76%), Sugar: 15.79g (17.55%), Cholesterol: 0mg (0%), Sodium: 833.67mg (36.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.04g (20.08%), Vitamin A: 6209.13IU (124.18%), Selenium: 36.55µg (52.21%), Manganese: 0.74mg (37.21%), Vitamin K: 38.65µg (36.81%), Phosphorus: 174.76mg (17.48%), Fiber: 3.96g (15.85%), Magnesium: 56.84mg (14.21%), Potassium: 455.04mg (13%), Vitamin B6: 0.24mg (12.07%), Copper: 0.24mg (11.9%), Folate: 47.43µg (11.86%), Vitamin B3: 1.78mg (8.88%), Iron: 1.49mg (8.26%), Zinc: 1.13mg (7.56%), Vitamin C: 6.22mg (7.54%), Vitamin B2: 0.12mg (7.32%), Vitamin B1: 0.11mg (7.26%), Vitamin E: 1.03mg (6.85%), Calcium: 55mg (5.5%), Vitamin B5: 0.53mg (5.26%)