



WHATSheATE



HEALTH SCORE

51%

Lobster Yee Mein (Lobster Noodles)



Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



1022 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 medium carrots



2 servings cornstarch slurry (cornstarch + water)



1 eggs



200 g extra wide egg noodles dried



1 bulb garlic



3 cloves garlic



20 g ginger



50 g ginger

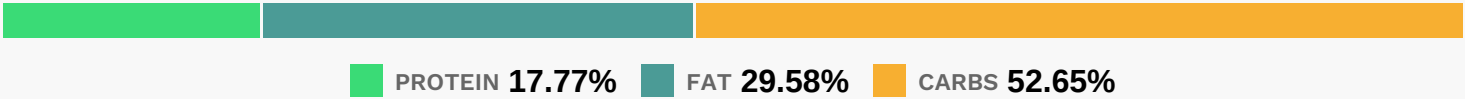
- ☐ 1 leek
- ☐ 700 g pd of lobster
- ☐ 60 g mushrooms dried chinese
- ☐ 1 Tbs oil
- ☐ 2 Tbs oil
- ☐ 1 large onion
- ☐ 2 Tbs oyster sauce to taste (more or less)
- ☐ 1 Tbs peppercorn white
- ☐ 1 large onion red
- ☐ 3 dashes pepper powder white
- ☐ 60 g scallops dried
- ☐ 0.5 Tbs sesame oil
- ☐ 5 shallots
- ☐ 0.3 cup rice wine
- ☐ 2 stalks spring onion
- ☐ 5 stalks spring onion
- ☐ 3 cups home-made soup stock chinese (recipe below)
- ☐ 2 L water
- ☐ 2 servings salts
- ☐ 2 servings salts

Equipment

Directions

- ☐ Cook noodles until softened and cooked through.
- ☐ Drain then deep fry until crispy on both sides (you will notice large bubbles in the oil as soon as you drop the noodles into the oil. When the noodles has lost most/all of its water, you will see small bubbles in the oil.).
- ☐ Place on a serving plate. [feel free to omit the deep-frying step.]

Nutrition Facts



Properties

Glycemic Index:234.92, Glycemic Load:43.73, Inflammation Score:-10, Nutrition Score:52.661738851796%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 6.51mg, Isorhamnetin: 6.51mg, Isorhamnetin: 6.51mg, Isorhamnetin: 6.51mg Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 31.15mg, Quercetin: 31.15mg, Quercetin: 31.15mg, Quercetin: 31.15mg

Nutrients (% of daily need)

Calories: 1022.14kcal (51.11%), Fat: 33.1g (50.92%), Saturated Fat: 4.42g (27.63%), Carbohydrates: 132.57g (44.19%), Net Carbohydrates: 118.61g (43.13%), Sugar: 22.27g (24.75%), Cholesterol: 297.5mg (99.17%), Sodium: 2615.02mg (113.7%), Alcohol: 4.83g (100%), Alcohol %: 0.29% (100%), Protein: 44.75g (89.5%), Vitamin A: 12320.65IU (246.41%), Selenium: 159.3µg (227.57%), Vitamin K: 141.26µg (134.54%), Manganese: 2.55mg (127.33%), Copper: 2.33mg (116.27%), Phosphorus: 733.52mg (73.35%), Vitamin B6: 1.14mg (57.14%), Fiber: 13.96g (55.83%), Magnesium: 200.49mg (50.12%), Zinc: 7.31mg (48.76%), Potassium: 1671.14mg (47.75%), Folate: 179.67µg (44.92%), Vitamin C: 36.04mg (43.68%), Vitamin E: 6.42mg (42.82%), Vitamin B5: 3.96mg (39.64%), Vitamin B12: 2.22µg (36.99%), Iron: 6.65mg (36.92%), Vitamin B3: 6.87mg (34.36%), Calcium: 341.86mg (34.19%), Vitamin B2: 0.51mg (30.06%), Vitamin B1: 0.44mg (29.36%), Vitamin D: 0.8µg (5.33%)