



Malaysian Noodles with Crab and Sausage (Penang Char Kway Teow)

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



552 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tbsp sambal chili paste
- ☐ 0.5 pound crabs shelled cooked
- ☐ 4 large eggs
- ☐ 2 garlic cloves finely chopped
- ☐ 6 green onions trimmed cut into 2-in. lengths
- ☐ 6 ounces mung bean sprouts
- ☐ 2 sausages chinese cut into 1/4-in. slices (lop chong)

- ☐ 2 tablespoons soya sauce
- ☐ 3 tablespoons vegetable oil
- ☐ 0.5 teaspoon pepper white freshly ground
- ☐ 7 ounces wide dried

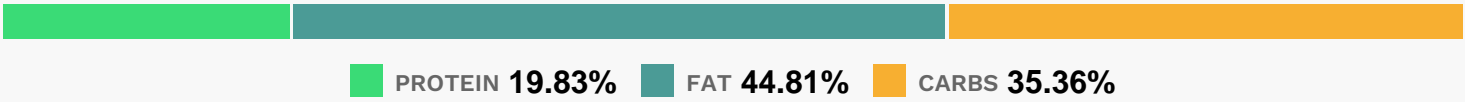
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Put noodles in a large bowl and cover with boiling water.
- ☐ Let sit 5 to 8 minutes, or until tender.
- ☐ Drain; rinse with cold water.
- ☐ Heat a large wok over medium heat.
- ☐ Add oil and swirl to coat.
- ☐ Add garlic and cook until fragrant, 30 seconds. Stir in sambal (start with 1 tbsp.); mixture will spatter, so stand back after adding.
- ☐ Increase heat to medium-high and add sausages. Cook, stirring occasionally, until sausages are light golden, 1 to 2 minutes.
- ☐ Add onions and cook, stirring, until beginning to soften but still quite crisp, 1 to 2 minutes.
- ☐ Add noodles and soy sauce, stirring to coat.
- ☐ Make a well in pan. Crack in eggs (push noodles aside if they fall into the center) and cook until whites begin to set, 3 minutes. Break yolks with a spoon; scramble eggs and toss with noodles.
- ☐ Add white pepper, 1 tbsp. water, the bean sprouts, and crab; cook, stirring, until bean sprouts are tender-crisp, 2 minutes.
- ☐ *We love the complex flavor of Glory brand's Nonya Sambal Chilli, available at Asian grocery stores. Grind white pepper in a clean coffee grinder; its fresh taste is worth the effort.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:23.97, Inflammation Score:-6, Nutrition Score:25.63130407748%

Flavonoids

Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 551.53kcal (27.58%), Fat: 27.2g (41.85%), Saturated Fat: 7.04g (44%), Carbohydrates: 48.31g (16.1%), Net Carbohydrates: 46.1g (16.76%), Sugar: 2.91g (3.23%), Cholesterol: 250.05mg (83.35%), Sodium: 1108.14mg (48.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.09g (54.17%), Vitamin B12: 5.91µg (98.49%), Vitamin K: 70.45µg (67.09%), Selenium: 44.58µg (63.68%), Phosphorus: 381.74mg (38.17%), Zinc: 4.67mg (31.1%), Copper: 0.59mg (29.7%), Vitamin B2: 0.47mg (27.6%), Manganese: 0.5mg (24.9%), Vitamin B3: 4.77mg (23.87%), Folate: 89.94µg (22.48%), Vitamin B6: 0.4mg (19.98%), Iron: 2.87mg (15.94%), Vitamin B1: 0.24mg (15.78%), Potassium: 544.04mg (15.54%), Magnesium: 60.66mg (15.16%), Vitamin C: 12.48mg (15.13%), Vitamin B5: 1.49mg (14.93%), Vitamin A: 549.89IU (11%), Vitamin E: 1.59mg (10.62%), Vitamin D: 1.55µg (10.35%), Calcium: 91.35mg (9.14%), Fiber: 2.22g (8.87%)