



Noodles with turkey, green beans & hoisin

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



571 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 100 g japanese ramen noodles
- ☐ 100 g green beans halved
- ☐ 3 tbsp hoisin sauce
- ☐ 1 juice of lime
- ☐ 1 tbsp chilli sauce
- ☐ 1 tbsp vegetable oil
- ☐ 250 g ground meat turkey
- ☐ 2 garlic clove chopped

☐ 6 spring onion sliced

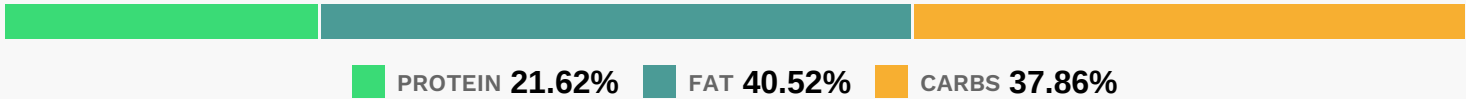
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Boil the noodles following pack instructions, adding the green beans for the final 2 mins.
- ☐ Drain and set aside.
- ☐ In a small bowl, mix together the hoisin, lime juice and chilli sauce. In a wok or frying pan, heat the oil, then fry the mince until nicely browned.
- ☐ Add the garlic and fry for 1 min more. Stir in the hoisin mixture and cook for a few mins more until sticky. Finally, stir in the noodles, beans and half the spring onions to heat through. Scatter over the remaining spring onions to serve.

Nutrition Facts



Properties

Glycemic Index:77.5, Glycemic Load:16.17, Inflammation Score:-8, Nutrition Score:26.773478176283%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg

Nutrients (% of daily need)

Calories: 571.16kcal (28.56%), Fat: 26.11g (40.17%), Saturated Fat: 7.7g (48.14%), Carbohydrates: 54.88g (18.29%), Net Carbohydrates: 50.59g (18.4%), Sugar: 14.15g (15.72%), Cholesterol: 93.22mg (31.07%), Sodium: 1587.62mg (69.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.34g (62.69%), Vitamin K: 111.64µg (106.32%), Vitamin B3: 9.69mg (48.46%), Vitamin B1: 0.67mg (44.65%), Selenium: 30.14µg (43.06%), Phosphorus: 348.88mg

(34.89%), Vitamin B6: 0.63mg (31.56%), Vitamin B2: 0.5mg (29.36%), Folate: 111.9µg (27.97%), Vitamin B12: 1.63µg (27.08%), Manganese: 0.54mg (27.05%), Iron: 4.82mg (26.8%), Zinc: 3.97mg (26.48%), Vitamin C: 18.55mg (22.48%), Potassium: 618.75mg (17.68%), Fiber: 4.28g (17.13%), Copper: 0.33mg (16.44%), Magnesium: 65.16mg (16.29%), Vitamin A: 810.38IU (16.21%), Vitamin B5: 1.58mg (15.8%), Vitamin E: 1.95mg (13.03%), Calcium: 100.38mg (10.04%), Vitamin D: 0.5µg (3.33%)