



Perfect Instant Ramen

READY IN



45 min.

SERVINGS



1

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices processed cheese food
- ☐ 0.5 teaspoon butter
- ☐ 1 eggs
- ☐ 1 whatever pack of ramen you have instant
- ☐ 0.5 scallion green thinly sliced
- ☐ 0.3 teaspoon roasted sesame seeds
- ☐ 2.5 cups water

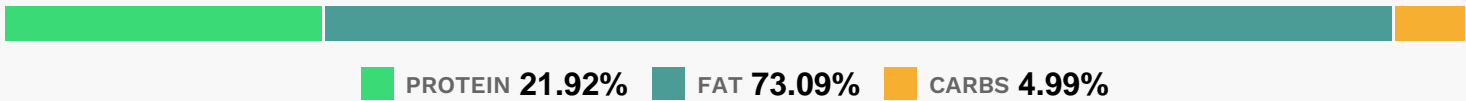
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring the water to a boil in a small pot. Open the ramen package and add the noodles to the water. Cook the noodles for 2 minutes, then add the flavor pack.
- ☐ About 30 seconds before the noodles are done, turn off the heat and crack in the egg—but don't mix it in. Just pull the hot noodles gently over the raw egg and let it sit for a minute to poach.
- ☐ Now get a bowl and gently pour everything slowly into it, being careful to not disrupt the egg.
- ☐ Add the butter, cheese, and sesame seeds to the bowl.
- ☐ Mix it all around.
- ☐ Garnish with the scallion if you have it.
- ☐ Egggy, cheesy goodness.Grilled cheese what?
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Nutrition Facts



Properties

Glycemic Index:191, Glycemic Load:0.82, Inflammation Score:-5, Nutrition Score:11.391304270081%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 245.81kcal (12.29%), Fat: 19.98g (30.74%), Saturated Fat: 10.36g (64.74%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2.83g (1.03%), Sugar: 1.27g (1.41%), Cholesterol: 211.05mg (70.35%), Sodium: 831.32mg (36.14%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.48g (26.97%), Calcium: 491.37mg (49.14%), Phosphorus: 363.49mg (36.35%), Selenium: 22.33µg (31.89%), Vitamin B2: 0.31mg (18.17%), Vitamin B12: 1.03µg (17.14%), Vitamin A: 756.96IU (15.14%), Vitamin K: 13.88µg (13.22%), Zinc: 1.75mg (11.64%), Copper: 0.17mg (8.64%), Vitamin B5: 0.85mg (8.54%), Vitamin D: 1.13µg (7.55%), Folate: 29.57µg (7.39%), Iron: 1.24mg (6.87%), Magnesium: 25.35mg (6.34%), Vitamin E: 0.91mg (6.04%), Vitamin B6: 0.11mg (5.3%), Potassium: 137.45mg (3.93%), Manganese: 0.06mg (2.82%), Vitamin B1: 0.04mg (2.77%), Vitamin C: 1.13mg (1.37%)