

Prawn chow mein

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 medium extra wide egg noodles
- ☐ 140 g broccoli chopped
- ☐ 140 g baby corns halved
- ☐ 1 tbsp olive oil
- ☐ 1 bell pepper red sliced
- ☐ 300 g shrimp
- ☐ 3 tbsp catsup
- ☐ 2 tbsp oyster sauce

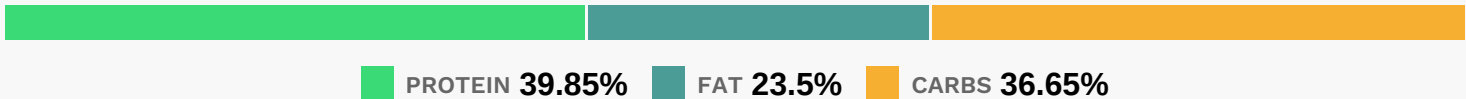
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Cook the noodles, broccoli and corn in boiling water for 3–4 mins, or until tender.
- ☐ Drain and set aside.
- ☐ Heat the oil in a large frying pan or wok and fry the pepper for 3 mins, until starting to soften.
- ☐ Tip in the noodles and vegetables along with the prawns and toss together.
- ☐ Add the sauce ingredients and heat everything through for 2–3 mins, until piping hot.

Nutrition Facts



Properties

Glycemic Index:40.88, Glycemic Load:4.66, Inflammation Score:-8, Nutrition Score:14.012174166172%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 168.27kcal (8.41%), Fat: 4.69g (7.22%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 16.47g (5.49%), Net Carbohydrates: 14.01g (5.09%), Sugar: 6.16g (6.85%), Cholesterol: 121.38mg (40.46%), Sodium: 463.91mg (20.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.91g (35.82%), Vitamin C: 71.76mg (86.98%), Vitamin K: 39.79µg (37.9%), Vitamin A: 1307.44IU (26.15%), Phosphorus: 225.39mg (22.54%), Copper: 0.36mg (17.95%), Potassium: 490.23mg (14.01%), Magnesium: 48.72mg (12.18%), Folate: 46.5µg (11.63%), Vitamin B6: 0.22mg (10.98%), Manganese: 0.21mg (10.69%), Zinc: 1.48mg (9.89%), Fiber: 2.46g (9.86%), Vitamin E: 1.47mg (9.78%), Calcium: 72.67mg (7.27%), Vitamin B3: 1.43mg (7.17%), Vitamin B2: 0.12mg (7.01%), Vitamin B5: 0.59mg (5.86%), Iron: 1.03mg (5.7%), Vitamin B1: 0.08mg (5.14%), Selenium: 2.05µg (2.93%)