



 **26%**
HEALTH SCORE

Siamese Fried Noodle (Mee Siam)

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



927 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 300 grams vermicelli for 5 minutes (meehoon)
- 300 grams vermicelli for 5 minutes (meehoon)
- 300 grams shrimp shelled deveined
- 2 pieces tofu firm sliced
- 200 grams bean sprouts
- 150 grams chives cut into 2 cm length
- 80 grams shrimp dried chopped
- 4 kaffir lime leaves shredded finely

- 1 cup cooking oil
- 4 cloves garlic
- 4 shallots
- 1 small knob turmeric fresh (or)
- 3 beef rib steak (up to individual)
- 2 candlenuts
- 1 stalk lemon grass
- 3 tablespoons ginger chopped (bunga kantan)
- 2 teaspoons sugar
- 1 teaspoon chicken stock see
- 0.5 teaspoon pepper
- 2 tablespoons fish sauce
- 1 tablespoon soya sauce
- 0.5 tablespoon tamarind paste
- 2 cups water

Equipment

- frying pan

Directions

- Heat oil in a frying pan. Lightly fry the chopped dried shrimps and tofu separately. Dish out and leave aside.
- Stir fry the pounded ingredients and kaffir lime leaves until aromatic.
- Add prawns and fry until they are half-cooked. Dish out the prawns and set aside.
- Add in seasonings and bring to the boil.
- Add meehoon and stir fry.
- Mix in dried shrimps, tofu slices, prawns, chives and beansprouts. Toss well.
- Serve hot with a drizzle of lime/lemon juice.

Nutrition Facts

PROTEIN 21.96% FAT 29.14% CARBS 48.9%

Properties

Glycemic Index:87.62, Glycemic Load:59.98, Inflammation Score:-10, Nutrition Score:32.421739130435%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg Kaempferol: 3.14mg, Kaempferol: 3.14mg, Kaempferol: 3.14mg, Kaempferol: 3.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Taste

Sweetness: 37.08%, Saltiness: 91.71%, Sourness: 39.98%, Bitterness: 39.96%, Savoriness: 75.36%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 926.7kcal (46.33%), Fat: 29.84g (45.91%), Saturated Fat: 9.55g (59.68%), Carbohydrates: 112.64g (37.55%), Net Carbohydrates: 108.27g (39.37%), Sugar: 6.44g (7.16%), Cholesterol: 205.11mg (68.37%), Sodium: 1159.3mg (50.4%), Protein: 50.59g (101.19%), Vitamin K: 86.13µg (82.03%), Selenium: 53.1µg (75.86%), Zinc: 9.45mg (62.99%), Phosphorus: 612.99mg (61.3%), Manganese: 1.15mg (57.53%), Vitamin B3: 7.89mg (39.46%), Vitamin B6: 0.79mg (39.25%), Vitamin B12: 2.29µg (38.09%), Copper: 0.71mg (35.43%), Vitamin C: 25.49mg (30.9%), Magnesium: 117.75mg (29.44%), Iron: 5.27mg (29.28%), Vitamin A: 1338.3IU (26.77%), Vitamin B2: 0.45mg (26.75%), Potassium: 914.7mg (26.13%), Folate: 77.86µg (19.46%), Fiber: 4.37g (17.48%), Vitamin B1: 0.26mg (17.39%), Calcium: 137.1mg (13.71%), Vitamin E: 1.7mg (11.35%), Vitamin B5: 0.42mg (4.2%)