



 8%
HEALTH SCORE

Simple Stir-fried Udon

 Dairy Free

READY IN



20 min.

SERVINGS



3

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 100 g broccoli cut into florets
- 3 servings pepper flakes crushed to taste
- 1 eggs
- 2 garlic clove minced
- 3 slices ham chopped
- 2 tablespoons hoisin sauce
- 1 juice of lime
- 2 tablespoons rice wine

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- 2 tablespoons peanuts divided (olive or canola or peanut etc)
- 1 tablespoon oyster sauce
- 3 servings salt
- 0.5 teaspoon sesame oil
- 1 tablespoon soya sauce
- 1 stalk spring onion green chopped (reserve the part)
- 0.5 tablespoon soy sauce dark sweet thick (the and kind)
- 150 g udon noodles
- 2 tablespoons water
- 0.5 teaspoon pepper white
- 1 small onion yellow chopped

Equipment

- wok

Directions

- Partially cook broccoli and udon in salted boiling water for a few minutes; drain and reserve 1/4 cup of the water. Beat the egg with 2 TB water and a pinch of salt.
- Heat 1 TB of oil in a wok; when hot, pour the egg in and cook until set; remove and set aside.
- Heat remaining 1 TB oil in the same wok over high heat; when hot, saute the onions until soft.
- Add garlic and saute for 30 sec.
- Add ham slivers and saute for another 30 sec. Stir in udon noodles.
- Add hoisin, oyster, soy sauces, white pepper, wine, chilli flakes; saute for 1 minute. Adjust heat to medium-low, add broccoli and reserved cooking water, cook for another minute. Taste and adjust seasonings if necessary.
- Add the cooked egg to the noodles, breaking it into pieces as you stir. Stir in sesame oil.
- Sprinkle with the reserved chopped spring onion (the green part) and squeeze some fresh lime juice over noodles, then serve immediately.

Nutrition Facts

PROTEIN 20.18% FAT 27.28% CARBS 52.54%

Properties

Glycemic Index:84.19, Glycemic Load:19.31, Inflammation Score:-6, Nutrition Score:15.024347854697%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 420.15kcal (21.01%), Fat: 12.02g (18.49%), Saturated Fat: 2.86g (17.87%), Carbohydrates: 52.09g (17.36%), Net Carbohydrates: 46.66g (16.97%), Sugar: 12.19g (13.54%), Cholesterol: 72.24mg (24.08%), Sodium: 1889.33mg (82.14%), Alcohol: 4.83g (100%), Alcohol %: 2.46% (100%), Protein: 20.01g (40.01%), Vitamin C: 50.32mg (61%), Vitamin K: 44.06µg (41.96%), Fiber: 5.43g (21.74%), Manganese: 0.42mg (20.98%), Selenium: 13.59µg (19.42%), Vitamin B1: 0.27mg (18.27%), Vitamin B6: 0.34mg (17.12%), Phosphorus: 169.39mg (16.94%), Vitamin B3: 3.19mg (15.93%), Folate: 59.55µg (14.89%), Vitamin B2: 0.24mg (14.05%), Potassium: 388.72mg (11.11%), Magnesium: 40.75mg (10.19%), Copper: 0.18mg (9.11%), Iron: 1.6mg (8.88%), Zinc: 1.31mg (8.71%), Vitamin A: 428.23IU (8.56%), Vitamin B5: 0.77mg (7.69%), Calcium: 56.91mg (5.69%), Vitamin B12: 0.33µg (5.57%), Vitamin E: 0.67mg (4.49%), Vitamin D: 0.49µg (3.26%)