



Smoked Turkey Lo Mein

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons spring onion chopped
- 6 mushrooms dried black (shiitake)
- 7 ounces soup noodles fresh with soy sauce-flavored sauce
- 1 tablespoon oyster sauce
- 1 cup peas sweet frozen
- 0.5 pound turkey breast smoked fat-free 97% fully cooked cut into 1/2-inch cubes (1 1/2 cups)
- 0.8 cup water

Equipment

frying pan

wok

Directions

- Soak mushrooms in hot water about 20 minutes or until soft; drain. Rinse with warm water; drain. Squeeze out excess moisture.
- Remove and discard stems, cut caps into thin strips.
- Spray nonstick wok or 12-inch skillet with cooking spray; heat over medium-high heat.
- Add turkey; stir-fry about 1 minute or until brown.
- Add mushrooms, peas, contents of sauce packet from noodles, water and oyster sauce; stir until well mixed.
- Rinse noodles under hot water to separate; drain.
- Add noodles to wok; stir-fry about 2 minutes or until heated through.
- Sprinkle with onions.

Nutrition Facts

 PROTEIN **30.97%** FAT **6.28%** CARBS **62.75%**

Properties

Glycemic Index:37.58, Glycemic Load:16.55, Inflammation Score:-5, Nutrition Score:16.883043610531%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 280.54kcal (14.03%), Fat: 1.95g (3.01%), Saturated Fat: 0.34g (2.16%), Carbohydrates: 43.95g (14.65%), Net Carbohydrates: 39.91g (14.51%), Sugar: 4.07g (4.52%), Cholesterol: 30.62mg (10.21%), Sodium: 248.64mg (10.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.69g (43.38%), Selenium: 47.88µg (68.41%), Vitamin B3: 8.39mg (41.96%), Manganese: 0.63mg (31.44%), Vitamin B6: 0.6mg (30.24%), Phosphorus: 294.63mg (29.46%), Vitamin C: 15.7mg (19.03%), Copper: 0.35mg (17.41%), Vitamin B2: 0.29mg (16.97%), Fiber: 4.05g (16.18%), Vitamin K: 15.25µg (14.52%), Magnesium: 56.35mg (14.09%), Zinc: 2.06mg (13.75%), Potassium: 442.41mg (12.64%), Vitamin B1: 0.19mg (12.41%), Vitamin B5: 1.14mg (11.43%), Folate: 44.16µg (11.04%), Iron: 1.69mg (9.37%), Vitamin B12: 0.39µg (6.46%), Vitamin A: 318.56IU (6.37%), Calcium: 33.25mg (3.32%), Vitamin E: 0.16mg (1.03%)