



Spicy Noodles - Malay Style



Vegetarian



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



496 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup chile paste
- ☐ 1 eggs
- ☐ 12 ounce extra wide egg noodles uncooked
- ☐ 0.5 cup bean sprouts fresh
- ☐ 1 teaspoon garlic finely chopped
- ☐ 0.5 cup peas green
- ☐ 3 tablespoons catsup
- ☐ 3 tablespoons olive oil

- ☐ 4 servings salt and pepper to taste
- ☐ 0.5 bunch pkt spinach fresh chopped
- ☐ 0.3 cup water
- ☐ 0.5 teaspoon sugar white

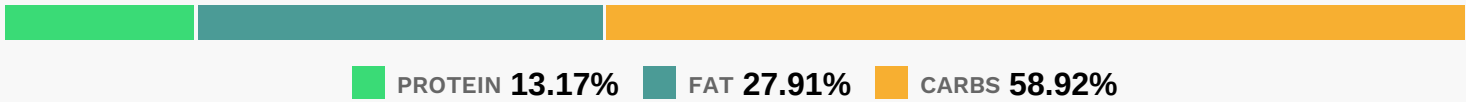
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil, cook the egg noodles 6 to 8 minutes, until al dente, and drain.
- ☐ Heat the oil in a skillet over medium heat, and saute the garlic about 1 minute. Stir in the spinach, and cook about 1 minute.
- ☐ Mix in the cooked egg noodles, chile paste, and ketchup, and toss until well coated.
- ☐ Make a hole in the center of the noodle mixture.
- ☐ Place the egg in the center, and scramble, tossing with the noodles just before egg is finished cooking.
- ☐ Mix the sugar and enough water to keep the mixture moist into the skillet. Season with salt and pepper. Continue to cook, stirring constantly, about 6 minutes. Toss in the sprouts and peas, and cook and stir about 4 minutes, until heated through.

Nutrition Facts



Properties

Glycemic Index:55.11, Glycemic Load:26.75, Inflammation Score:-10, Nutrition Score:29.361304448998%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.82mg, Quercetin:

1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 495.64kcal (24.78%), Fat: 15.65g (24.08%), Saturated Fat: 2.85g (17.83%), Carbohydrates: 74.35g (24.78%), Net Carbohydrates: 69.21g (25.17%), Sugar: 7.81g (8.68%), Cholesterol: 112.36mg (37.45%), Sodium: 369.06mg (16.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.61g (33.23%), Vitamin K: 221.39µg (210.85%), Selenium: 71.6µg (102.29%), Vitamin A: 4330.48IU (86.61%), Manganese: 1.23mg (61.72%), Folate: 134.74µg (33.68%), Vitamin C: 24.33mg (29.5%), Phosphorus: 287.11mg (28.71%), Magnesium: 96.78mg (24.2%), Fiber: 5.14g (20.57%), Vitamin E: 3.05mg (20.33%), Copper: 0.41mg (20.28%), Iron: 3.59mg (19.97%), Vitamin B6: 0.38mg (19.09%), Potassium: 621.35mg (17.75%), Vitamin B1: 0.26mg (17.29%), Vitamin B2: 0.28mg (16.4%), Zinc: 2.34mg (15.57%), Vitamin B3: 3.02mg (15.09%), Vitamin B5: 1.05mg (10.5%), Calcium: 91.35mg (9.14%), Vitamin B12: 0.34µg (5.74%), Vitamin D: 0.48µg (3.17%)