



Spring vegetable noodles

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



609 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 3 bacon smoked
- ☐ 250 g broccoli green cut into bite-sized pieces
- ☐ 2 garlic clove finely sliced
- ☐ 6 spring onion trimmed halved quartered
- ☐ 150 g soup noodles
- ☐ 2 servings soya sauce

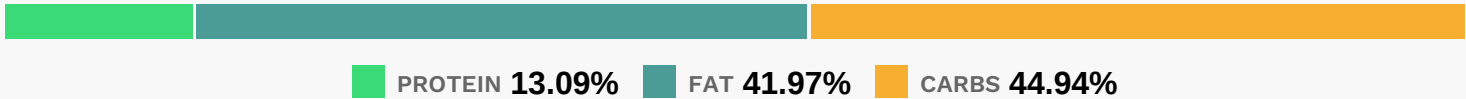
Equipment

- ☐ frying pan
- ☐ wok
- ☐ kitchen scissors

Directions

- ☐ Heat the oil in a wok. Using scissors, snip the bacon into the hot oil and fry, stirring occasionally, for 2 minutes.
- ☐ Tip the asparagus and broccoli into the wok with the garlic and spring onions. Stir fry for about a minute then top with the noodles and petits pois and drizzle over a tablespoon of water. Cover the pan and let everything steam for 4 minutes until the broccoli is just tender.
- ☐ Mix everything together and serve straight away, with a bottle of soy sauce on the table so each person can add their own, according to taste.

Nutrition Facts



Properties

Glycemic Index:75.5, Glycemic Load:25.08, Inflammation Score:-9, Nutrition Score:29.474347731341%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Kaempferol: 10.3mg, Kaempferol: 10.3mg, Kaempferol: 10.3mg, Kaempferol: 10.3mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg

Nutrients (% of daily need)

Calories: 608.91kcal (30.45%), Fat: 28.79g (44.3%), Saturated Fat: 6.69g (41.79%), Carbohydrates: 69.36g (23.12%), Net Carbohydrates: 62.57g (22.75%), Sugar: 5.3g (5.89%), Cholesterol: 21.78mg (7.26%), Sodium: 1276.24mg (55.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.21g (40.42%), Vitamin K: 210.57µg (200.55%), Vitamin C: 119.2mg (144.49%), Selenium: 57.94µg (82.78%), Manganese: 1.15mg (57.57%), Phosphorus: 313.08mg (31.31%), Folate: 118.62µg (29.66%), Fiber: 6.79g (27.17%), Vitamin B6: 0.51mg (25.41%), Vitamin A: 1150.15IU (23%), Vitamin E: 3.42mg (22.77%), Potassium: 777.28mg (22.21%), Vitamin B3: 4.32mg (21.61%), Magnesium: 85.11mg (21.28%), Vitamin B1: 0.28mg (18.92%), Copper: 0.35mg (17.75%), Iron: 3.11mg (17.3%), Vitamin B2: 0.28mg (16.32%), Zinc: 2.21mg (14.75%), Vitamin B5: 1.34mg (13.35%), Calcium: 111.24mg (11.12%), Vitamin B12: 0.17µg (2.75%)