



Stir-Fried Chinese Egg Noodles

 Vegetarian  Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



240 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon brown sugar
- 1 tablespoon canola oil
- 1 tablespoon chile paste (such as sambal oelek)
- 1 cup cremini mushrooms sliced
- 1 tablespoon sesame oil dark
- 8 ounces extra wide egg noodles fresh chinese thawed
- 2 large eggs
- 5 garlic cloves minced

- 3 green onions diagonally sliced
- 1 tablespoon catsup
- 1.5 tablespoons juice of lime fresh
- 0.3 cup lower-sodium soy sauce
- 2 cups pkt spinach trimmed

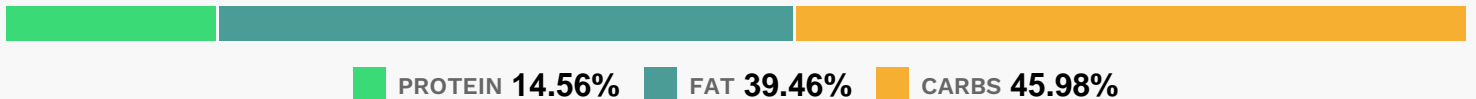
Equipment

- frying pan

Directions

- Cook the egg noodles according to package directions, omitting salt and fat.
- Drain. Set aside.
- Heat a large skillet over medium-high heat.
- Add canola oil to pan, and swirl to coat.
- Add mushrooms; saut 4 minutes, stirring occasionally.
- Add garlic and green onions; saut for 1 minute, stirring constantly.
- Combine soy sauce and the next 5 ingredients (through chile paste), stirring well. Stir soy sauce mixture into mushroom mixture; bring to a boil.
- Add noodles to pan; toss to coat.
- Add eggs; cook 2 minutes or until eggs are set, tossing well.
- Remove from heat; stir in spinach.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.55, Inflammation Score:-8, Nutrition Score:13.74913036305%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 239.73kcal (11.99%), Fat: 10.69g (16.45%), Saturated Fat: 2.13g (13.32%), Carbohydrates: 28.03g (9.34%), Net Carbohydrates: 25.98g (9.45%), Sugar: 5.52g (6.13%), Cholesterol: 93mg (31%), Sodium: 756.41mg (32.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.88g (17.75%), Vitamin K: 94.38µg (89.89%), Vitamin A: 1661.63IU (33.23%), Selenium: 13.28µg (18.98%), Vitamin B2: 0.29mg (17.07%), Manganese: 0.32mg (15.92%), Folate: 59.56µg (14.89%), Iron: 2.53mg (14.08%), Phosphorus: 117.94mg (11.79%), Vitamin C: 9.56mg (11.59%), Vitamin E: 1.43mg (9.5%), Potassium: 330.73mg (9.45%), Vitamin B6: 0.18mg (9.24%), Copper: 0.17mg (8.27%), Fiber: 2.05g (8.2%), Magnesium: 31.89mg (7.97%), Vitamin B5: 0.76mg (7.56%), Vitamin B3: 1.2mg (5.98%), Calcium: 54.78mg (5.48%), Zinc: 0.82mg (5.48%), Vitamin B1: 0.06mg (4.2%), Vitamin B12: 0.24µg (4.01%), Vitamin D: 0.52µg (3.45%)