



Stir-Fried Egg Noodles with Mushrooms, Tomatoes, and Bean Sprouts (Bakmie Goreng)



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



259 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces cremini mushrooms thinly sliced
- ☐ 14 ounces extra wide egg noodles fresh chinese
- ☐ 2 cups bean sprouts fresh
- ☐ 1 large garlic clove minced
- ☐ 1 cup leek thinly sliced
- ☐ 6 lime wedges
- ☐ 2 tablespoons soya sauce low-sodium

- ☐ 3 tablespoons vegetable oil; peanut oil preferred divided
- ☐ 2 large shallots cut into thin wedges
- ☐ 3 tablespoons soya sauce sweet (such as ABC brand)
- ☐ 8 thai basil leaves
- ☐ 3 thai chiles minced seeded
- ☐ 2 cups tomato wedges (2)

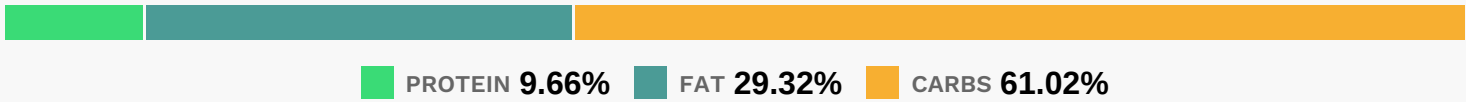
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add chiles, shallots, and garlic to pan; stir-fry 1 1/2 minutes or until shallots and garlic begin to brown. Stir in mushrooms and leek; stir-fry 3 minutes or until leek is tender.
- ☐ Remove from pan, and keep warm.
- ☐ Return pan to heat; add remaining 2 tablespoons oil to pan.
- ☐ Add sprouts and noodles to pan; stir-fry 2 minutes or until thoroughly heated. Return mushroom mixture to pan; stir in soy sauces, tossing to coat noodles.
- ☐ Place 1 cup noodle mixture in each of 6 bowls; top each serving with 1/3 cup tomato wedges and Thai basil.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:38.67, Glycemic Load:1.93, Inflammation Score:-6, Nutrition Score:9.6491304247276%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 258.79kcal (12.94%), Fat: 8.62g (13.26%), Saturated Fat: 1.89g (11.82%), Carbohydrates: 40.36g (13.45%), Net Carbohydrates: 36.58g (13.3%), Sugar: 11.97g (13.3%), Cholesterol: 0mg (0%), Sodium: 476.69mg (20.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.78%), Vitamin C: 22.95mg (27.82%), Vitamin K: 25µg (23.81%), Fiber: 3.77g (15.09%), Vitamin A: 723.47IU (14.47%), Manganese: 0.29mg (14.32%), Iron: 2.49mg (13.81%), Folate: 50.16µg (12.54%), Copper: 0.23mg (11.31%), Vitamin E: 1.62mg (10.8%), Potassium: 354.38mg (10.13%), Vitamin B2: 0.17mg (9.99%), Vitamin B6: 0.18mg (9.09%), Selenium: 5.55µg (7.93%), Phosphorus: 77.36mg (7.74%), Vitamin B3: 1.47mg (7.34%), Magnesium: 25.95mg (6.49%), Vitamin B1: 0.09mg (5.96%), Vitamin B5: 0.57mg (5.66%), Zinc: 0.56mg (3.75%), Calcium: 34.37mg (3.44%)