



Stir-Fried Egg Noodles with Vegetables



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



20

CALORIES



67 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup carrots sliced
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 tablespoon ginger fresh minced
- ☐ 2 cloves garlic minced
- ☐ 0.8 cup chicken broth low-sodium
- ☐ 4 tablespoons soya sauce reduced-sodium
- ☐ 1 small bell pepper red seeded thinly sliced
- ☐ 20 servings salt

- ☐ 0.5 cup scallions chopped (4)
- ☐ 1 tablespoon sesame oil
- ☐ 1.5 cups snow peas trimmed halved
- ☐ 1 tablespoon vegetable oil
- ☐ 8 ounces wide egg noodles

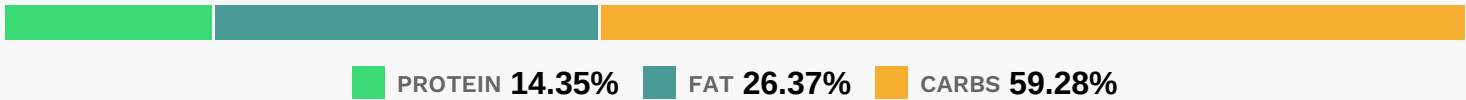
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil. Cook egg noodles according to package label directions until tender, about 9 minutes.
- ☐ Drain well.
- ☐ Warm oil in a skillet over medium-high heat. Stir-fry garlic, ginger and scallions for 30 seconds.
- ☐ Add bell pepper and carrots; stir-fry for 3 minutes.
- ☐ Add snow peas and stir-fry for 30 seconds.
- ☐ Stir in broth, soy sauce and red pepper. Bring to a boil and cook, stirring constantly, until slightly thickened, 3 to 4 minutes.
- ☐ Add noodles; stir until thoroughly heated, about 1 minute.
- ☐ Drizzle with sesame oil before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:9.99, Glycemic Load:3.72, Inflammation Score:-7, Nutrition Score:4.7778261193763%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 67.25kcal (3.36%), Fat: 2g (3.08%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 10.12g (3.37%), Net Carbohydrates: 9.18g (3.34%), Sugar: 1.06g (1.18%), Cholesterol: 9.53mg (3.18%), Sodium: 319.79mg (13.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Vitamin A: 1304.32IU (26.09%), Selenium: 9.08µg (12.97%), Vitamin C: 10.1mg (12.25%), Vitamin K: 9.47µg (9.02%), Manganese: 0.15mg (7.62%), Phosphorus: 43.97mg (4.4%), Fiber: 0.93g (3.73%), Vitamin B6: 0.07mg (3.41%), Magnesium: 12.62mg (3.15%), Folate: 12.36µg (3.09%), Iron: 0.52mg (2.86%), Potassium: 99.61mg (2.85%), Vitamin B3: 0.56mg (2.8%), Vitamin B1: 0.04mg (2.66%), Copper: 0.05mg (2.66%), Vitamin B2: 0.04mg (2.12%), Zinc: 0.31mg (2.08%), Vitamin B5: 0.2mg (2.03%), Vitamin E: 0.27mg (1.83%), Calcium: 13.42mg (1.34%)