

Stir-fried noodles



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 150 g pack egg noodle
- ☐ 1 tbsp vegetable oil
- ☐ 2.5 cm piece ginger fresh finely chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 1 large carrots cut into matchsticks
- ☐ 1 bell pepper yellow deseeded thinly sliced
- ☐ 100 g mangetout frozen
- ☐ 2 spring onion finely chopped

- ☐ 2 tbsp soya sauce
- ☐ 1 tsp citrus champagne vinegar
- ☐ 85 g beansprout
- ☐ 85 g beansprout

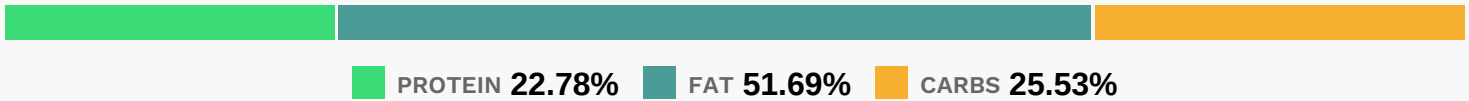
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Cook the noodles according to pack instructions.
- ☐ Meanwhile, heat the oil in a wok or large frying pan, then stir-fry the ginger, garlic, carrot, pepper and mangetout, sugar snap or frozen peas over a high heat for 2–3 mins.
- ☐ Drain the noodles thoroughly, add to the pan with the onions and beansprouts, if using, then stir-fry for 2 mins.
- ☐ Mix together the soy sauce and vinegar, stir into the pan, then cook for 1–2 mins. Divide between individual plates or bowls and serve immediately.

Nutrition Facts



Properties

Glycemic Index:69.42, Glycemic Load:1.94, Inflammation Score:-10, Nutrition Score:24.87434781116%

Flavonoids

Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 245.77kcal (12.29%), Fat: 14.37g (22.1%), Saturated Fat: 3.46g (21.63%), Carbohydrates: 15.96g (5.32%), Net Carbohydrates: 12.42g (4.52%), Sugar: 4.75g (5.28%), Cholesterol: 279mg (93%), Sodium: 1143.78mg (49.73%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.24g (28.48%), Vitamin C: 144.95mg (175.7%), Vitamin A: 7201.57IU (144.03%), Vitamin K: 54.88µg (52.27%), Selenium: 24.29µg (34.7%), Vitamin B2: 0.46mg (27.16%), Phosphorus: 237.49mg (23.75%), Folate: 90.53µg (22.63%), Vitamin B6: 0.45mg (22.58%), Manganese: 0.44mg (22.22%), Iron: 3.46mg (19.2%), Vitamin B5: 1.84mg (18.35%), Potassium: 565.44mg (16.16%), Fiber: 3.54g (14.15%), Vitamin E: 1.87mg (12.45%), Copper: 0.24mg (11.83%), Magnesium: 46.67mg (11.67%), Vitamin B1: 0.17mg (11.39%), Vitamin B12: 0.67µg (11.13%), Vitamin B3: 2.1mg (10.5%), Calcium: 101.14mg (10.11%), Vitamin D: 1.5µg (10%), Zinc: 1.48mg (9.86%)