



Stir-Fried Noodles with Cabbage

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



326 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz soup noodles dried chinese
- 2 teaspoons sesame oil
- 0.3 cup chicken broth dry (from 32-oz carton)
- 2 tablespoons oyster sauce
- 1 teaspoon sugar
- 0.1 teaspoon pepper
- 1 tablespoon vegetable oil
- 1 garlic clove crushed

- 1 tablespoon ginger finely chopped
- 1 cup mushroom caps sliced
- 4 cups cabbage chinese thinly sliced (napa)
- 1.5 cups carrots shredded

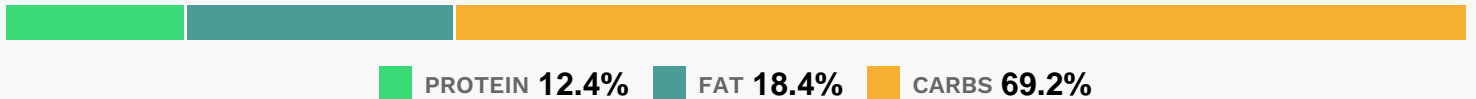
Equipment

- frying pan

Directions

- Cook and drain noodles as directed on package. Toss noodles and sesame oil.
- Mix sherry, oyster sauce, sugar and pepper.
- Heat 12-inch skillet or work over high heat.
- Add vegetable oil; rotate skillet to coat side.
- Add garlic and gingerroot; stir-fry 30 seconds.
- Add mushrooms, cabbage and carrots; stir-fry 1 to 2 minutes or until crisp-tender. Stir in sherry mixture. Toss noodles and vegetable mixture, using 2 forks.

Nutrition Facts



Properties

Glycemic Index:77.98, Glycemic Load:21.15, Inflammation Score:-10, Nutrition Score:22.446087171202%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 326.48kcal (16.32%), Fat: 6.79g (10.45%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 57.47g (19.16%), Net Carbohydrates: 51.06g (18.57%), Sugar: 8.47g (9.41%), Cholesterol: 0.29mg (0.1%), Sodium: 354.78mg (15.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.3g (20.61%), Vitamin A: 8088.18IU (161.76%), Vitamin K:

66.23µg (63.08%), Selenium: 39.89µg (56.99%), Manganese: 0.87mg (43.33%), Vitamin C: 28.78mg (34.89%),
Fiber: 6.41g (25.66%), Phosphorus: 209.85mg (20.98%), Vitamin B6: 0.41mg (20.64%), Vitamin B3: 3.97mg
(19.87%), Potassium: 589.42mg (16.84%), Copper: 0.3mg (15.08%), Folate: 58.35µg (14.59%), Magnesium: 57.06mg
(14.27%), Vitamin B5: 1.38mg (13.83%), Vitamin B2: 0.23mg (13.77%), Zinc: 1.66mg (11.04%), Vitamin B1: 0.14mg
(9.32%), Iron: 1.5mg (8.33%), Calcium: 62.27mg (6.23%), Vitamin E: 0.8mg (5.35%), Vitamin D: 0.23µg (1.51%)