



Stir-fried Thick and Thin Noodles with Vegetables and Tofu (Pancit)

 Vegetarian  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



359 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 teaspoons pepper black freshly ground
- 1 carrots grated peeled
- 2 tablespoons garlic divided chopped
- 2 cups cabbage shredded green
- 1 optional: lemon cut into wedges
- 1 cup chicken broth reduced-sodium
- 1 medium onion thinly sliced

- 3.5 ounces vermicelli
- 3 tablespoons soya sauce
- 12 oz spicy tofu dry firm cut in 1/2-in. cubes
- 0.3 cup vegetable oil
- 8 ounces medium-thick wheat noodles fresh

Equipment

- bowl
- pot
- wok

Directions

- In a bowl, cover vermicelli with boiling water.
- Let sit until tender, 5 to 8 minutes.
- Drain; rinse with cold water.
- Cut into 10-in. lengths.
- Bring a 4-qt. pot of water to a boil and cook wheat noodles until tender, 2 to 4 minutes; drain and set aside.
- Heat 2 tbsp. oil in a large wok over medium heat. Fry 1 tbsp. garlic until light golden, 30 seconds. Strain garlic and oil into a bowl and set both aside.
- Add remaining 1/4 cup oil to hot wok and swirl to coat.
- Add remaining 1 tbsp. garlic and cook until fragrant, about 30 seconds.
- Add onion and cabbage and increase heat to medium-high. Cook, stirring occasionally, until vegetables begin to soften, 3 minutes.
- Add carrot; cook, stirring, until carrot begins to soften, 1 minute.
- Increase heat to high.
- Add tofu, reserved noodles, soy sauce, pepper, and broth to wok. Cook, stirring occasionally, until tofu is heated through and liquid has reduced by about half, about 5 minutes. Stir in reserved 2 tbsp. garlic oil.
- Sprinkle fried garlic on noodles and serve with lemon wedges for squeezing.

*Look for the words "pancit Canton" on the label.

Nutrition Facts

PROTEIN 14.85% **FAT 30.29%** **CARBS 54.86%**

Properties

Glycemic Index:48.89, Glycemic Load:9.67, Inflammation Score:-9, Nutrition Score:16.761304199696%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 359.14kcal (17.96%), Fat: 12.59g (19.38%), Saturated Fat: 1.9g (11.86%), Carbohydrates: 51.32g (17.11%), Net Carbohydrates: 48.67g (17.7%), Sugar: 2.86g (3.18%), Cholesterol: 0mg (0%), Sodium: 562.79mg (24.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.89g (27.78%), Manganese: 1.47mg (73.57%), Selenium: 30.81µg (44.01%), Vitamin K: 36.72µg (34.97%), Vitamin A: 1728.61IU (34.57%), Vitamin C: 20.87mg (25.3%), Magnesium: 68.85mg (17.21%), Phosphorus: 169.02mg (16.9%), Vitamin B1: 0.24mg (15.82%), Iron: 2.85mg (15.82%), Vitamin B3: 3.09mg (15.44%), Copper: 0.25mg (12.71%), Calcium: 120.97mg (12.1%), Vitamin B6: 0.22mg (11.13%), Fiber: 2.66g (10.63%), Folate: 41.26µg (10.31%), Zinc: 1.24mg (8.28%), Potassium: 280.28mg (8.01%), Vitamin B2: 0.11mg (6.47%), Vitamin E: 0.88mg (5.89%), Vitamin B5: 0.57mg (5.71%)