



Szechuan Ginger Stir-Fry With Noodle Pancake

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon chili oil hot
- ☐ 6 ounces extra wide egg noodles cooked fine
- ☐ 0.5 teaspoon cornstarch
- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 garlic clove pressed
- ☐ 0.5 cup stir-fry sauce
- ☐ 6 ounce snow pea pods frozen thawed

- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1.3 pounds seafood assorted
- ☐ 0.3 cup vegetable oil divided
- ☐ 0.3 cup water
- ☐ 2 medium size bell peppers red yellow cut into thin strips

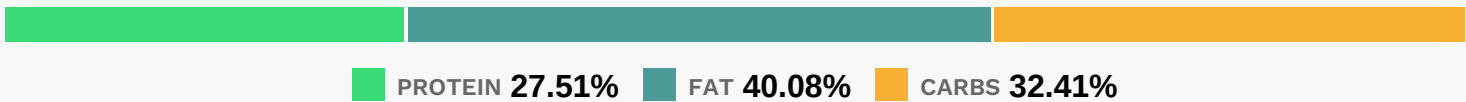
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Stir together first 5 ingredients; set aside.
- ☐ Heat 2 tablespoons vegetable oil in a 12-inch nonstick skillet or wok over medium-high heat.
- ☐ Add noodles, pressing evenly into bottom of skillet. Cook 8 minutes or until bottom is golden and crispy. Carefully invert onto a plate; return to skillet, crisp side up. Cook 5 minutes or until bottom is golden.
- ☐ Place on a serving platter, and cut into 6 wedges. Cover and keep warm.
- ☐ Stir-fry seafood and ginger in 1 tablespoon vegetable oil and chili oil in skillet 2 minutes; remove from skillet.
- ☐ Add remaining 1 tablespoon vegetable oil, and stir-fry bell pepper and pea pods 2 minutes or until pepper is crisp-tender. Return seafood and stir-fry sauce mixture to skillet. Cook, stirring constantly, until mixture boils and thickens. Spoon over noodle wedges, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:3.47, Inflammation Score:-6, Nutrition Score:9.7173912991648%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 246.89kcal (12.34%), Fat: 11.07g (17.03%), Saturated Fat: 1.84g (11.51%), Carbohydrates: 20.14g (6.71%), Net Carbohydrates: 18.24g (6.63%), Sugar: 5.93g (6.59%), Cholesterol: 8.22mg (2.74%), Sodium: 1094.06mg (47.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.09g (34.19%), Vitamin C: 90.01mg (109.11%), Vitamin K: 24.08µg (22.93%), Manganese: 0.22mg (10.94%), Selenium: 7.21µg (10.3%), Vitamin A: 442.91IU (8.86%), Fiber: 1.91g (7.62%), Vitamin B6: 0.14mg (6.83%), Vitamin E: 0.99mg (6.62%), Folate: 24.39µg (6.1%), Iron: 0.99mg (5.5%), Copper: 0.1mg (5.03%), Phosphorus: 47.77mg (4.78%), Magnesium: 18.53mg (4.63%), Potassium: 161.67mg (4.62%), Vitamin B1: 0.06mg (4.26%), Vitamin B5: 0.36mg (3.61%), Vitamin B3: 0.67mg (3.34%), Vitamin B2: 0.04mg (2.4%), Zinc: 0.35mg (2.31%), Calcium: 22mg (2.2%)