



Szechuan-Style Shirataki Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



1082 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 packages shirataki drained and rinsed cold
- 8 oz pd of ground turkey firm (ground turkey, soy crumbles, or tofu)
- 2 tablespoons soya sauce for this dish (I like double soy)
- 2 tablespoons sherry dry
- 1 teaspoon chili sauce (Szechuan if possible, I often use Sriracha)
- 2 tablespoons ginger fresh minced
- 3 spring onion white green sliced thin (both and parts)
- 2 cups sesame oil raw chopped

- 1 teaspoon sesame oil
- 2 servings soup noodles dry for 1 minute on high, drain them thoroughly, pat them , and set aside.
- 2 servings ground beef (or mix thoroughly if you're using ground meat)
- 1 soup noodles with a tiny bit more soy sauce (2 tsp.), and cook 1 minute until the shirataki are h cooked for tofu, soy, or turkey
- 1 serving sesame oil

Equipment

- bowl
- frying pan
- microwave

Directions

- Microwave the noodles for 1 minute on high, drain them thoroughly, pat them dry, and set aside.
- Add the soy sauce, rice wine, and chili sauce to your protein, toss to coat (or mix thoroughly if youre using ground meat) and set aside.
- Spray a non-stick skillet with a little vegetable oil and heat it over a high flame.
- Add the ginger and cook for about 30 seconds until it starts to become fragrant. Toss in your veggies and cook, stirring, until theyre al dente nearly (but not quite) done.
- Add the scallions and your protein and continue to stir-fry until its cooked through (about 1-2 minutes for tofu, soy, or turkey).
- Add the noodles, sprinkle with a tiny bit more soy sauce (about 2 tsp.), and cook about 1 minute until the shirataki are heated through.
- Turn into a serving bowl, drizzle the sesame oil over the noodles, and toss.

Nutrition Facts



PROTEIN 19.41% **FAT 61.11%** **CARBS 19.48%**

Properties

Glycemic Index:80.5, Glycemic Load:19.84, Inflammation Score:-7, Nutrition Score:28.849130434783%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Taste

Sweetness: 13.85%, Saltiness: 39.41%, Sourness: 9.57%, Bitterness: 8.4%, Savoriness: 29.07%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 1082.36kcal (54.12%), Fat: 72.89g (112.14%), Saturated Fat: 14.74g (92.15%), Carbohydrates: 52.27g (17.42%), Net Carbohydrates: 49.41g (17.97%), Sugar: 3.03g (3.37%), Cholesterol: 122.72mg (40.91%), Sodium: 1162.14mg (50.53%), Alcohol: 1.55g (8.58%), Protein: 52.1g (104.21%), Selenium: 78.6µg (112.29%), Vitamin B3: 16.6mg (83.02%), Vitamin B6: 1.41mg (70.35%), Phosphorus: 549.11mg (54.91%), Zinc: 6.64mg (44.3%), Vitamin K: 46.2µg (44%), Vitamin B12: 2.4µg (39.96%), Manganese: 0.75mg (37.72%), Magnesium: 96.87mg (24.22%), Potassium: 843.53mg (24.1%), Iron: 4.15mg (23.06%), Vitamin B2: 0.33mg (19.49%), Copper: 0.36mg (18.07%), Vitamin B5: 1.8mg (18.03%), Vitamin B1: 0.19mg (12.65%), Fiber: 2.86g (11.44%), Folate: 42.45µg (10.61%), Vitamin E: 1.4mg (9.33%), Calcium: 51.67mg (5.17%), Vitamin C: 4.13mg (5.01%), Vitamin A: 224.81IU (4.5%), Vitamin D: 0.54µg (3.59%)