



WHATSheATE



Turkey Singapore noodles



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



520 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 200 g rice
- ☐ 2 tsp sesame oil
- ☐ 2 eggs beaten
- ☐ 1 tbsp vegetable oil
- ☐ 2 garlic clove crushed
- ☐ 1 piece ginger minced
- ☐ 1 to 5 chillies red chopped
- ☐ 2 bell pepper shredded red deseeded sliced (carrots, peas, mushrooms, etc)

- ☐ 6 spring onion finely sliced
- ☐ 250 g turkey gravy shredded leftover
- ☐ 140 g seasoning cubes diced leftover
- ☐ 3 tbsp curry powder
- ☐ 1 tsp turmeric
- ☐ 2 tbsp soya sauce
- ☐ 2 tsp sherry dry
- ☐ 4 servings sugar
- ☐ 1 sprigs pepper flakes sliced
- ☐ 200 g frangelico
- ☐ 200 g frangelico

Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Soak the noodles in boiling water until tender, then drain and toss in 1 tsp of the sesame oil. Beat the eggs with the rest of the sesame oil and some seasoning.
- ☐ Heat half the vegetable oil in a wok and pour in the eggs to make a flat omelette. Cook on one side, then flip over, cook all the way through and transfer to a plate.
- ☐ Place the wok back on the heat with the rest of the oil and quickly fry the garlic, ginger and chilli.
- ☐ Add all the vegetables to the wok, fry for 1 min more, then add the turkey and ham. Tip the noodles into the pan and stir through the curry powder, turmeric, soy, Sherry and sugar. Cook everything together for 1-2 mins, then shred the omelette and stir it through the noodles.
- ☐ Serve the noodles scattered with coriander sprigs, sliced chilli and extra soy sauce.

Nutrition Facts



 **PROTEIN 25.57%**  **FAT 25.9%**  **CARBS 48.53%**

Properties

Glycemic Index:92.57, Glycemic Load:34.16, Inflammation Score:-10, Nutrition Score:27.455652382063%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 519.95kcal (26%), Fat: 14.98g (23.04%), Saturated Fat: 3.14g (19.61%), Carbohydrates: 63.15g (21.05%), Net Carbohydrates: 58.78g (21.38%), Sugar: 16.64g (18.49%), Cholesterol: 168.71mg (56.24%), Sodium: 1066.79mg (46.38%), Alcohol: 0.26g (100%), Alcohol %: 0.11% (100%), Protein: 33.28g (66.56%), Vitamin C: 97.31mg (117.95%), Vitamin K: 53.29µg (50.75%), Manganese: 1mg (49.95%), Selenium: 34.36µg (49.08%), Vitamin A: 2341.78IU (46.84%), Vitamin B6: 0.85mg (42.58%), Vitamin B3: 8.19mg (40.97%), Phosphorus: 300.51mg (30.05%), Vitamin B2: 0.41mg (24.04%), Iron: 4.22mg (23.45%), Zinc: 2.91mg (19.39%), Vitamin E: 2.82mg (18.8%), Folate: 70.87µg (17.72%), Fiber: 4.36g (17.45%), Vitamin B5: 1.71mg (17.09%), Magnesium: 65.32mg (16.33%), Potassium: 570.66mg (16.3%), Copper: 0.29mg (14.36%), Vitamin B12: 0.83µg (13.89%), Vitamin B1: 0.14mg (9.59%), Calcium: 82.54mg (8.25%), Vitamin D: 0.69µg (4.6%)