



WHATShEATE

Vegetable Lo Mein



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots shredded
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 cup chicken broth
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 teaspoon curry powder
- ☐ 2 cups bean sprouts fresh
- ☐ 1 teaspoon ginger fresh grated
- ☐ 2 cups mushrooms fresh sliced

- ☐ 2 cloves garlic minced
- ☐ 0.5 cup green onions chopped
- ☐ 0.3 cup hoisin sauce
- ☐ 2 tablespoons honey
- ☐ 1 onion chopped
- ☐ 0.5 cup bell peppers red sliced
- ☐ 1 tablespoon soya sauce
- ☐ 8 ounces pasta like spaghetti uncooked
- ☐ 0.3 cup vegetable oil

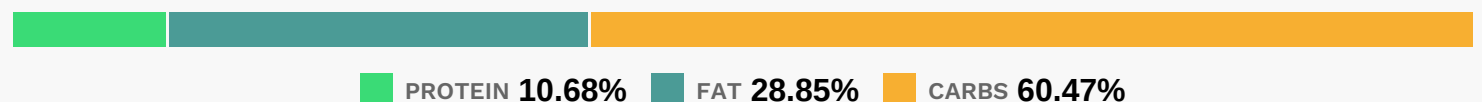
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ wok

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Heat oil in a large wok or saute pan. Stir fry mushrooms, carrots, peppers, onion and garlic until tender. Stir in bean sprouts and green onions; cook one minute.
- ☐ Mix cornstarch and chicken broth in a small bowl and add to stir fry. Stir in hoisin sauce, honey, soy sauce, ginger, cayenne pepper and curry powder. Cook and stir until thickened and bubbly.
- ☐ Add cooked spaghetti, and toss.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:90.28, Glycemic Load:24.08, Inflammation Score:-10, Nutrition Score:25.38260872986%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg

Nutrients (% of daily need)

Calories: 476.94kcal (23.85%), Fat: 15.68g (24.13%), Saturated Fat: 2.43g (15.22%), Carbohydrates: 73.96g (24.65%), Net Carbohydrates: 67.98g (24.72%), Sugar: 22.05g (24.5%), Cholesterol: 1.69mg (0.56%), Sodium: 783.64mg (34.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.06g (26.12%), Vitamin A: 6120.75IU (122.41%), Vitamin K: 73.73µg (70.22%), Selenium: 41.84µg (59.77%), Vitamin C: 38.71mg (46.92%), Manganese: 0.9mg (44.95%), Vitamin B2: 0.43mg (25.26%), Copper: 0.49mg (24.46%), Fiber: 5.98g (23.93%), Phosphorus: 223.84mg (22.38%), Vitamin B3: 4.23mg (21.15%), Folate: 83.36µg (20.84%), Vitamin B6: 0.36mg (18.06%), Potassium: 631.53mg (18.04%), Magnesium: 64.5mg (16.12%), Vitamin B5: 1.4mg (14.01%), Vitamin B1: 0.2mg (13.59%), Vitamin E: 1.95mg (13.02%), Iron: 2.32mg (12.9%), Zinc: 1.65mg (10.99%), Calcium: 60.29mg (6.03%)