



WHATSheATE

Vegetable Lo Mein



Vegetarian



Vegan



Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



375 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 2 teaspoons garlic chopped
- ☐ 1 teaspoon ginger chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 8 ounce ugy__41 package lo mein noodles
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 16 ounce stir-fry vegetables frozen
- ☐ 2 scallions finely sliced

- ☐ 1 tablespoon sesame oil
- ☐ 1 teaspoon sugar

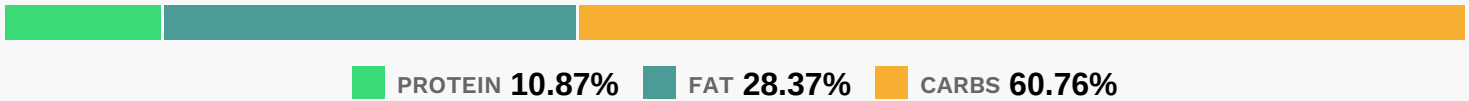
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Cook the noodles according to package directions.
- ☐ Heat the canola oil in a large skillet or wok over high heat.
- ☐ Add the garlic and ginger and cook for 30 seconds.
- ☐ Add the vegetables and cook until the vegetables are heated through, 3 to 4 minutes.
- ☐ Add the soy sauce and scallions and cook for another 3 minutes.
- ☐ Add the noodles and sugar and mix well. Taste and season, if needed. Turn off the heat, add the sesame oil and stir.
- ☐ Transfer to platter and serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.02, Glycemic Load:5.77, Inflammation Score:-10, Nutrition Score:12.418260900871%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 375.25kcal (18.76%), Fat: 12.17g (18.73%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 58.67g (19.56%), Net Carbohydrates: 52.82g (19.21%), Sugar: 1.24g (1.38%), Cholesterol: 0mg (0%), Sodium: 945.8mg (41.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.49g (20.98%), Vitamin A: 5818.31IU (116.37%), Fiber: 5.85g (23.42%), Manganese: 0.38mg (19.03%), Vitamin K: 17.91µg (17.06%), Vitamin C: 13.41mg (16.26%), Folate: 43.84µg

(10.96%), Vitamin B1: 0.15mg (10.08%), Magnesium: 40.01mg (10%), Phosphorus: 98.05mg (9.8%), Potassium: 321.2mg (9.18%), Vitamin E: 1.37mg (9.17%), Vitamin B2: 0.14mg (8.32%), Vitamin B3: 1.65mg (8.24%), Vitamin B6: 0.16mg (7.87%), Iron: 1.41mg (7.84%), Copper: 0.12mg (6.2%), Zinc: 0.68mg (4.53%), Calcium: 40.35mg (4.03%), Vitamin B5: 0.25mg (2.5%), Selenium: 0.79µg (1.13%)