



Vegetable Lo Mein Delight

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces angel hair pasta
- 2 cups bean sprouts
- 2 tablespoons canola oil
- 1.8 cups celery chopped
- 0.8 cup chicken broth
- 1 cup chow mein noodles
- 1 tablespoon cornstarch
- 1.8 cups mushrooms fresh sliced

- 0.5 cup onion sliced
- 1.8 cups bell peppers red sliced
- 2 cups snow peas
- 0.3 cup soya sauce

Equipment

- bowl
- whisk
- pot
- wok

Directions

- Bring a pot of lightly salted water to a boil.
- Add angel hair pasta and cook for 3 to 5 minutes or until al dente; drain.
- In a small bowl, whisk together the chicken broth, soy sauce, and cornstarch.
- Heat the oil in a wok over medium-high heat. Stir in the celery, mushrooms, peppers, and onion, and cook about 3 minutes.
- Add the broth mixture, bean sprouts, and snow peas. Continue to cook and stir about 5 minutes, until vegetables are tender but crisp.
- In a large bowl, toss together the cooked pasta and the vegetable mixture. Top with chow mein noodles to serve.

Nutrition Facts



■ PROTEIN 15.76% ■ FAT 14.83% ■ CARBS 69.41%

Properties

Glycemic Index:45, Glycemic Load:18.85, Inflammation Score:-10, Nutrition Score:28.34565221745%

Flavonoids

Apigenin: 1.26mg, Apigenin: 1.26mg, Apigenin: 1.26mg, Apigenin: 1.26mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol:

0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 578.99kcal (28.95%), Fat: 9.65g (14.84%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 101.62g (33.87%), Net Carbohydrates: 91.46g (33.26%), Sugar: 12.13g (13.47%), Cholesterol: 0.88mg (0.29%), Sodium: 1392.63mg (60.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.08g (46.16%), Vitamin C: 123.44mg (149.62%), Selenium: 41.08µg (58.69%), Vitamin A: 2784.25IU (55.69%), Manganese: 1mg (49.75%), Vitamin K: 50.68µg (48.27%), Fiber: 10.16g (40.66%), Folate: 121.95µg (30.49%), Iron: 5.13mg (28.52%), Vitamin B6: 0.52mg (26.19%), Vitamin B2: 0.44mg (25.92%), Phosphorus: 251.56mg (25.16%), Copper: 0.48mg (24.15%), Vitamin B3: 4.64mg (23.18%), Potassium: 755.84mg (21.6%), Magnesium: 77.49mg (19.37%), Vitamin B5: 1.84mg (18.37%), Vitamin B1: 0.27mg (18.25%), Vitamin E: 2.71mg (18.04%), Zinc: 1.71mg (11.41%), Calcium: 72.54mg (7.25%)