

# Veggie Lo Mein

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 ounce bamboo skewers drained canned
- 1 cup bean sprouts
- 1 cup celery chopped
- 1 tablespoon flour all-purpose
- 1 cup mushrooms fresh chopped
- 0.5 teaspoon garlic chopped
- 1 pound noodles dry chinese
- 1 tablespoon oyster sauce

- 1 teaspoon salt
- 1 tablespoon soya sauce
- 1 cup vegetable broth
- 1 cup water
- 1 teaspoon sugar white

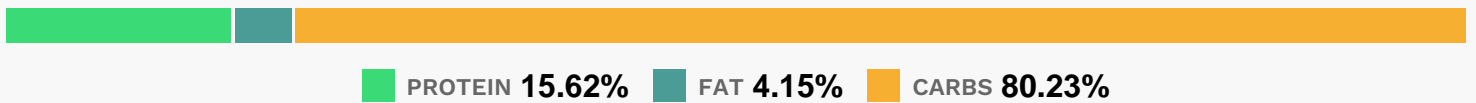
## Equipment

- frying pan
- pot
- wok

## Directions

- Bring a large pot of lightly salted water to a boil.
- Add Chinese noodles and cook about 2 to 4 minutes; drain.
- In a large skillet or wok over high heat with a small amount of oil, cook mushrooms, bamboo shoots, celery, bean sprouts and garlic.
- Mix in salt, broth, sugar, water, soy sauce and oyster sauce; stir.
- Add flour and cook until thickened.
- Pour over noodles and toss lightly.

## Nutrition Facts



## Properties

Glycemic Index:62.18, Glycemic Load:24.53, Inflammation Score:-4, Nutrition Score:12.493043454445%

## Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 311.51kcal (15.58%), Fat: 1.43g (2.2%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 62.41g (20.8%), Net Carbohydrates: 58.65g (21.33%), Sugar: 5.05g (5.61%), Cholesterol: 0mg (0%), Sodium: 818.26mg (35.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.15g (24.29%), Selenium: 50.25µg (71.78%), Manganese: 0.84mg (42.02%), Phosphorus: 185.78mg (18.58%), Copper: 0.36mg (18.22%), Fiber: 3.76g (15.05%), Magnesium: 50.57mg (12.64%), Vitamin B3: 2.34mg (11.69%), Vitamin B6: 0.21mg (10.66%), Vitamin K: 10.74µg (10.22%), Zinc: 1.52mg (10.13%), Vitamin B2: 0.17mg (9.73%), Potassium: 329.71mg (9.42%), Folate: 37.38µg (9.35%), Iron: 1.52mg (8.43%), Vitamin B1: 0.12mg (8.09%), Vitamin B5: 0.73mg (7.26%), Vitamin C: 3.64mg (4.42%), Vitamin A: 167.58IU (3.35%), Calcium: 32mg (3.2%), Vitamin E: 0.39mg (2.58%)