



Veggie So Low Mein

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



113 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bean sprouts
- ☐ 0.3 cup carrots shredded
- ☐ 2 teaspoons chicken-flavored powdered consomme
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon granulated sugar
- ☐ 1 cup mushrooms quartered
- ☐ 12 ounces stir-fry vegetables mixed frozen chinese-style
- ☐ 0.5 cup scallions chopped

- ☐ 3 packages house foods tofu shirataki spaghetti shaped noodle substitute
- ☐ 0.3 cup lite soy sauce reduced-sodium
- ☐ 1 cup zucchini thinly sliced

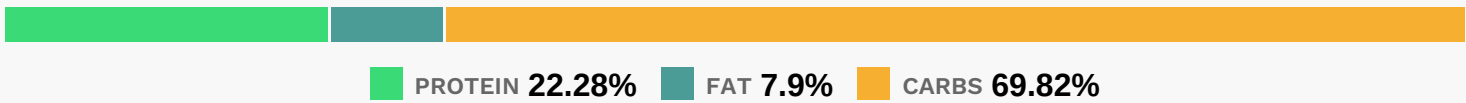
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ stove
- ☐ wok

Directions

- ☐ Rinse and drain shirataki noodles well. Dry noodles thoroughly, using paper towels to soak up as much moisture as possible. Use a knife or kitchen shears to slice them up a bit. Set aside.
- ☐ Bring a large skillet or a wok sprayed with nonstick spray to medium-high heat on the stove.
- ☐ Add mushrooms, zucchini, bean sprouts, scallions, and carrots.
- ☐ Add frozen veggies.
- ☐ Saute for 5 to 7 minutes, stirring frequently, until the frozen veggies have thawed and are hot.
- ☐ Meanwhile, to make the sauce, combine soy sauce, cornstarch, consomme, and sugar with 1/2 cup of hot water. Stir well and set aside.
- ☐ Pour the sauce into the skillet or wok. Stir well and continue to cook until the sauce has thickened, about 3 to 4 minutes.
- ☐ Add the noodles and cook, stirring occasionally, until the entire dish is thoroughly mixed and hot, 1 to 2 minutes.
- ☐ Serve it up and enjoy!!

Nutrition Facts



Properties

Glycemic Index:63.98, Glycemic Load:6.53, Inflammation Score:-10, Nutrition Score:15.6099999900279%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 113.36kcal (5.67%), Fat: 1.11g (1.71%), Saturated Fat: 0.25g (1.55%), Carbohydrates: 22.06g (7.35%), Net Carbohydrates: 16.96g (6.17%), Sugar: 6.24g (6.93%), Cholesterol: 1.85mg (0.62%), Sodium: 864.64mg (37.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.04g (14.07%), Vitamin A: 5850.78IU (117.02%), Vitamin K: 36.88µg (35.12%), Vitamin C: 21.19mg (25.69%), Manganese: 0.43mg (21.4%), Fiber: 5.1g (20.41%), Folate: 64.32µg (16.08%), Vitamin B2: 0.27mg (15.9%), Vitamin B3: 3.15mg (15.75%), Potassium: 471.89mg (13.48%), Phosphorus: 126.8mg (12.68%), Copper: 0.25mg (12.52%), Vitamin B1: 0.18mg (12.08%), Vitamin B6: 0.24mg (11.82%), Magnesium: 43.42mg (10.86%), Iron: 1.87mg (10.37%), Vitamin B5: 0.77mg (7.68%), Zinc: 0.88mg (5.85%), Selenium: 3.42µg (4.88%), Calcium: 45.2mg (4.52%), Vitamin E: 0.19mg (1.3%)