



Yummy Korean Glass Noodles (Jap Chae)

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup brown sugar
- 0.5 cup soya sauce reduced-sodium
- 1 teaspoon sesame seed toasted
- 1 pkg sweet potato vermicelli noodles (8 serving size)
- 3 tablespoons vegetable oil
- 0.5 cup water boiling

Equipment

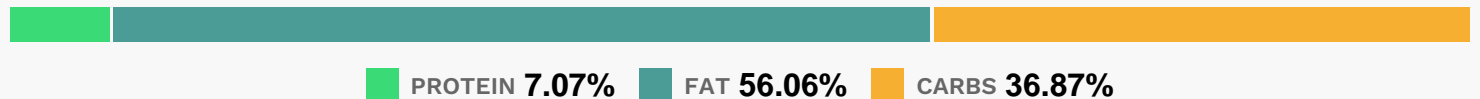
- frying pan

whisk

Directions

- Break the vermicelli into small pieces and place in a deep-sided dish. Cover with hot tap water and soak for ten minutes; drain.
- Whisk together the soy sauce, brown sugar, and boiling water; pour over the drained noodles; allow to soak 2 minutes.
- Pour the vegetable oil into a skillet and place over medium heat.
- Add the noodles and soy sauce mixture to the skillet and cook and stir until hot, about 5 minutes.
- Sprinkle sesame seeds over the noodles just before serving.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.2913043784059%

Nutrients (% of daily need)

Calories: 164.31kcal (8.22%), Fat: 10.54g (16.22%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 15.6g (5.2%), Net Carbohydrates: 15.31g (5.57%), Sugar: 13.5g (15%), Cholesterol: 0mg (0%), Sodium: 1152.88mg (50.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.98%), Vitamin K: 18.76µg (17.86%), Manganese: 0.16mg (7.81%), Vitamin E: 0.97mg (6.44%), Magnesium: 25.28mg (6.32%), Phosphorus: 56.61mg (5.66%), Vitamin B2: 0.08mg (4.57%), Potassium: 132.83mg (3.8%), Folate: 14.65µg (3.66%), Iron: 0.6mg (3.35%), Vitamin B6: 0.06mg (3.03%), Calcium: 26.79mg (2.68%), Copper: 0.05mg (2.36%), Vitamin B3: 0.4mg (2.01%), Zinc: 0.3mg (1.98%), Vitamin B5: 0.12mg (1.2%), Fiber: 0.29g (1.15%), Vitamin B1: 0.02mg (1.11%)