

Japanese Yakisoba (Stir-Fried Noodles)

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-yakisoba-recipe-video>

Ingredients:

- 1 tablespoon oil – olive, coconut, etc.
- 2 tablespoons minced ginger
- 2 tablespoons minced garlic
- 1 cup shiitake mushrooms sliced
- 1/2 cup onion sliced into wedges
- 500 grams cabbage thinly sliced
- 480 grams carrots julienned
- 1 tablespoon sesame oil
- 1/4 cup soy sauce
- 1 tablespoon tomato paste
- 2 tablespoons maple syrup
- 1 tablespoon rice vinegar
- 1 teaspoon minced ginger
- 1 teaspoon minced garlic
- 1/2 teaspoon white pepper recommended, but I used black

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 33 grams
3. Fat: 7 grams
4. Fiber: 8 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 1040 milligrams
8. Sugar: 14 grams

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