

Mieshotel Met Kip En Speklapjes

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/bamies-greek-recipe>

Ingredients:

- 2/3 pound mie
- 5 1/4 ounces speklapjes
- 7 ounces kipfilet
- 2 uien
- 1 13/16 tablespoons margarine
- 1 bamie groentepakket, 400 g
- 1 zak Knorr Mix voor Bami
- 2 eetl ketjap manis
- 2 eetl bladselderij gehakte, om te garneren
- 2 eetl gebakken uitjes potje, om te garneren

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 60 milligrams
4. Fat: 27 grams
5. Fiber: 1 grams
6. Protein: 16 grams
7. SaturatedFat: 9 grams
8. Sodium: 620 milligrams
9. Sugar: 2 grams
10. TransFat: 1 grams

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