

# Mom's BBQ Pork Chow Mein

Yield: 8 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-bbq-pork-chow-mein-recipe>

## Ingredients:

- 1 pound chow mein noodles steamed, See Notes 1 & 2 below
- 1/2 pound pork See Note below on substituting
- 2 tablespoons oil light
- 1 medium carrot julienned
- 1/2 onion sliced thin
- 2 ounces bean sprouts fresh, rinsed
- 2 ounces green cabbage sliced thin
- green onions sliced into 1" lengths
- 4 tablespoons soy sauce
- 2 tablespoons honey
- 1/2 teaspoon salt
- 1/4 teaspoon white pepper black pepper is okay, too
- 1/2 teaspoon sesame oil

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 20 milligrams
4. Fat: 23 grams
5. Fiber: 3 grams
6. Protein: 12 grams
7. SaturatedFat: 3 grams
8. Sodium: 870 milligrams
9. Sugar: 5 grams

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