

# Bean Sprouts Stir Fry (Chow Mein)

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-takeaway-bean-sprouts-recipe>

## Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1/2 pound cremini mushrooms sliced
- 1 onion small, sliced into sticks
- 1 stalk celery sliced
- 3 cloves garlic crushed
- 1 pound bean sprouts rinsed well
- 3 green onions sliced
- salt
- pepper

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 8 grams
3. Fat: 3.5 grams
4. Fiber: 2 grams
5. Protein: 3 grams
6. Sodium: 210 milligrams
7. Sugar: 3 grams

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