

# Chow Mein (Chinese Noodles)

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-shrimp-chow-mein-recipe>

## Ingredients:

- 8 ounces chow mein steamed, Chinese noodles
- 2 ounces pork cut into thin slices
- 5 shrimp shelled and deveined
- 3 garlic cloves finely chopped
- 1/2 cup shredded cabbage
- 1/4 cup shredded carrot
- 1 tablespoon soy sauce
- 1 tablespoon oyster sauce
- 1/2 teaspoon sugar
- 1/2 teaspoon dark soy sauce Chinese
- 2 tablespoons water
- 2 tablespoons cooking oil
- 2 stalks scallions cut into 2-inch length
- salt to taste

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 20 milligrams
4. Fat: 26 grams
5. Fiber: 3 grams
6. Protein: 10 grams
7. SaturatedFat: 3 grams
8. Sodium: 850 milligrams
9. Sugar: 1 grams

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