

Perfect Chinese Noodles

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-chinese-noodles-recipe-using-spaghetti>

Ingredients:

- 1 pound chinese noodles your choice
- 2 tablespoons vegetable oil
- 2 garlic cloves peeled and thinly sliced
- 1/2 inch fresh ginger piece, grated
- 3 green onions sliced into thin rounds
- 8 ounces fresh stir-fry vegetables
- 3 tablespoons dry sherry
- 1 cup cooked meat your choice cut into bite size, optional
- 2 tablespoons light soy sauce low sodium
- 1 tablespoon dark soy sauce low sodium
- 1 tablespoon oyster sauce optional
- white pepper or Ground black, to taste

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 71 grams
3. Fat: 42 grams
4. Fiber: 6 grams
5. Protein: 11 grams
6. SaturatedFat: 5 grams
7. Sodium: 1370 milligrams
8. Sugar: 1 grams

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