

# Brothy Chinese Noodles

Yield: 6 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-chinese-noodle-recipe>

## Ingredients:

- 2 tablespoons sesame oil divided
- 1 pound lean ground turkey 93%-
- 1 bunch scallions sliced, divided
- 2 cloves garlic minced
- 1 tablespoon fresh ginger minced
- 4 cups reduced sodium chicken broth
- 3/4 cup water
- 3 cups bok choy thinly sliced
- 8 ounces chinese noodles dried, lo mein
- 3 tablespoons reduced sodium soy sauce
- 1 tablespoon rice vinegar
- 1 cucumber small, sliced into matchsticks, for garnish, optional

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 60 milligrams
4. Fat: 22 grams
5. Fiber: 3 grams
6. Protein: 19 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 900 milligrams
9. Sugar: 2 grams

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