

Chinese Fried Noodles

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-fried-noodles-recipe-vegetarian>

Ingredients:

- 6 9/16 cups noodles 1/2 pk. wheat
- 2 oyster mushrooms king
- 4 spring onions or 1 onion
- 1 carrot
- sesame oil 2 tbsp
- 1 tablespoon hoisin sauce
- 3 tablespoons soy sauce
- 1 handful mung bean sprouts optional

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 102 grams
3. Cholesterol: 105 milligrams
4. Fat: 15 grams
5. Fiber: 7 grams
6. Protein: 21 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1530 milligrams
9. Sugar: 9 grams

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