

Gluten Free Chinese Lo Mein

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/taste-chinese-recipe-show-gluten-vegetarian>

Ingredients:

- 3/4 pound noodles
- spaghetti
- gluten
- 1 1/2 cups snow peas
- 1/2 cup onion thinly sliced
- 8 ounces white mushrooms sliced
- 1 cup carrots thinly sliced
- 1 yellow bell pepper Cut into thin strips
- 1/4 cup Tamari Tamari
- brags liquid aminos
- gluten
- 1 tablespoon sesame oil
- 1 tablespoon honey
- 2 cloves garlic minced
- sesame seeds for garnish, optional
- 1/2 cup scallions thinly sliced for garnish, optional

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 88 grams
3. Cholesterol: 70 milligrams
4. Fat: 8 grams
5. Fiber: 7 grams
6. Protein: 18 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 45 milligrams
9. Sugar: 12 grams

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