

Chinese Lo-Mein

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-to-make-chinese-lo-mein>

Ingredients:

- 1 box pasta
- 1/4 red onion
- 2 cloves garlic minced
- 1 carrot
- 1 head broccoli
- 1/4 red bell pepper
- salt
- pepper
- 1/2 teaspoon turmeric
- 1 tablespoon mirin optional but recommended
- 3 tablespoons soy sauce
- 1 tablespoon maple syrup
- 1/4 cup pasta water or vegetable stock
- 1/2 tablespoon sesame oil
- 1 tablespoon extra virgin olive oil
- 1 teaspoon toasted sesame seeds

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 95 grams
3. Fat: 8 grams
4. Fiber: 9 grams
5. Protein: 19 grams
6. SaturatedFat: 1 grams
7. Sodium: 940 milligrams
8. Sugar: 11 grams

Thank you for visiting our website. Hope you enjoy Chinese Lo-Mein above. You can see more 18 recipe to make chinese lo mein Dive into deliciousness! to get more great cooking ideas.