

Krokante Mie Met Broccoli

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 2/3 pound mie
- 7 ounces hamlappen
- 5 1/4 ounces kipfilet
- 1 ui
- 2 cloves knoflook
- 2 3/4 cups broccoli
- 1 13/16 tablespoons margarine
- 1 bag Knorr Mix voor Bami
- 2 tablespoons olie plantaardige
- 3 tablespoons uitjes gehakte lente-, om te garneren

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 25 milligrams
4. Fat: 13 grams
5. Fiber: 3 grams
6. Protein: 10 grams
7. SaturatedFat: 2 grams
8. Sodium: 105 milligrams
9. Sugar: 3 grams
10. TransFat: 1 grams

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