

# Vegan Veggie Chinese Lo Mein Noodles

Yield: 8 min  
Total Time: 30 min

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

## Ingredients:

- 1/4 cup reduced sodium soy sauce
- 1 tablespoon sugar your choice
- 1 teaspoon sesame oil
- 1 teaspoon ginger freshly ground
- 14 ounces noodles your choice
- 2 tablespoons sesame oil
- 3 green onions sliced, save green tops for garnish, optional
- 2 cups mushrooms chopped
- 8 mini bell peppers chopped
- 2 cups snap peas sliced
- 2 cups green cabbage finely shredded

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 40 milligrams
4. Fat: 6 grams
5. Fiber: 5 grams
6. Protein: 10 grams
7. SaturatedFat: 1 grams
8. Sodium: 290 milligrams
9. Sugar: 6 grams

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