

Longevity Noodles for Chinese New Year

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-new-year-sesame-seed-balls-recipe>

Ingredients:

- 8 ounces noodles very thin long wheat-flour, or any type of rice noodles
- 2 tablespoons toasted sesame oil + more if needed
- 3 cloves garlic finely minced
- 1 tablespoon fresh ginger minced or grated
- 2 tablespoons low sodium soy sauce + more if needed
- sea salt
- ground white pepper
- green onions diced, for garnish, optional
- sesame seeds for garnish, optional

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 50 milligrams
4. Fat: 10 grams
5. Fiber: 3 grams
6. Protein: 9 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 470 milligrams
9. Sugar: 1 grams

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