

Teriyaki Noodle Stir-Fry

Yield: 2 min
Total Time: 20 min

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

Ingredients:

- 1/4 cup low sodium tamari gluten-free, soy sauce, or coconut aminos, gluten-free and soy free
- 1 tablespoon honey coconut nectar, or coconut/brown sugar, add more or less to taste
- 1 teaspoon rice vinegar
- 1/2 teaspoon sesame oil
- 1 pinch black pepper can use crushed red pepper or sriracha if you like it more spicy
- 9 ounces noodles I used these ramen noodles* or if gluten-free you can use rice noodles or brown rice spaghetti
- 2 cups nappa cabbage shredded, or other green leafy vegetable like baby bok choy, spinach, or regular cabbage
- 2 carrots julienned
- 1 whole bell pepper stem and seeds discarded and thinly sliced, any color will do
- 5 mushrooms sliced, baby bella, shiitake, button, etc.
- 2 cloves garlic minced
- 1 cup snow peas
- 3 green onions chopped into 2-inch pieces

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 91 grams
3. Cholesterol: 85 milligrams
4. Fat: 5 grams
5. Fiber: 7 grams
6. Protein: 18 grams
7. SaturatedFat: 1 grams
8. Sodium: 65 milligrams
9. Sugar: 14 grams

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