

ECONOMICAL FRIED BEE HOON

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/fried-bee-hoon-indian-style-recipe>

Ingredients:

- 2 minced garlic rounded teaspoons of
- 7 ounces bee hoon dried, to soak in water for 5mins, drain well and set aside
- 2 handfuls beansprouts
- 2 1/2 tablespoons oil
- 2 tablespoons light soya sauce
- 1 1/4 tablespoons dark soya sauce
- 1 tablespoon sesame oil
- 1 1/2 tablespoons wine 'hua tiao'
- 2 pepper tabs of

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 2 grams
3. Fat: 12 grams
4. Protein: 1 grams
5. SaturatedFat: 1 grams
6. Sodium: 730 milligrams

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