

Cucumbers and Black Fungus Stir-Fry with Chinese Yam

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/stir-fry-chinese-yam-recipe>

Ingredients:

- 1 2/3 cups Chinese yam
- black fungus moderate
- 1/2 cucumber
- oil
- salt
- 2 cloves garlic
- 2 slices ginger
- 1 teaspoon essence chicken
- starch moderate water

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 20 grams
3. Fat: 5 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. Sodium: 200 milligrams
7. Sugar: 1 grams

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