

Japanese Noodles with Shimeji Mushroom

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-japanese-noodles-recipe>

Ingredients:

- 7 ounces noodles dried Japanese style, udon or soba...or you could use spaghetti
- 1/2 cup olive oil or other cooking oil
- 2 garlic cloves minced
- 6 ounces shimeji mushrooms base discarded, mushrooms separated
- 2 tablespoons soy sauce
- 2 teaspoons miso paste
- salt
- pepper
- 2 tablespoons parsley finely minced

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 40 milligrams
4. Fat: 29 grams
5. Fiber: 3 grams
6. Protein: 9 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 770 milligrams
9. Sugar: 2 grams

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