

# Glass Noodle Stir-Fry!

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/glass-noodles-indian-recipe>

## Ingredients:

- 80 grams glass noodles 2 small packs of Pine Brand
- 6 cloves garlic chopped
- 1/4 large onion cut into strips
- 1/2 teaspoon black pepper or ground white
- 150 grams ground pork or dark meat poultry, or sub another protein of your choice
- 1/2 cup carrot halved lengthwise and thinly sliced on a bias, about half a carrot
- 1 1/2 cups cabbage cut into bite-sized pieces, or sub other veggies you've got in the fridge
- 1 cup canned diced tomatoes drained well
- 2 eggs you can also add 3 for extra protein
- green onions Optional garnish:, or cilantro
- 2 tablespoons oyster sauce
- 1 tablespoon soy sauce
- 1/2 tablespoon sauce Golden Mountain, or sub Maggi Seasoning or more soy sauce
- 1 tablespoon sugar
- 3/4 cup water

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 150 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 14 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 730 milligrams
9. Sugar: 5 grams

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