

# Black Pepper Stir Fried Udon

Yield: 3 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-black-pepper-udon-recipe>

## Ingredients:

- 3 tablespoons dark soy sauce see FAQs if using regular soy sauce
- 2 tablespoons oyster sauce
- 1 1/2 tablespoons brown sugar
- 1 tablespoon rice vinegar
- neutral oil a little bit of
- 2 cups veggies stir fry, I use about half of a bag of a frozen stir fry veggie blend
- 14 ounces udon noodles the cooked, fat, squishy ones – see FAQs
- 2 cloves fresh garlic minced
- freshly ground black pepper a ton of

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 108 grams
3. Fat: 8 grams
4. Fiber: 6 grams
5. Protein: 16 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 3660 milligrams
8. Sugar: 6 grams

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