

Sweet Potatoes Noodles

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-purple-sweet-potatoes-recipe>

Ingredients:

- 8 ounces noodles fresh, I use the wider ones
- 1 sweet potatoes middle size
- 1/2 purple sweet potatoes middle size
- 2 teaspoons cooking oil
- 3 cloves garlic chopped
- 1 teaspoon spring onion chopped white part of
- water as needed
- 2 teaspoons salt
- 1 teaspoon sesame oil
- 1/2 tablespoon light soy sauce
- 1 teaspoon spring onion finely chopped, for garnish, optional

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 50 milligrams
4. Fat: 6 grams
5. Fiber: 3 grams
6. Protein: 9 grams
7. SaturatedFat: 1 grams
8. Sodium: 1330 milligrams
9. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Sweet Potatoes Noodles above. You can see more 19 japanese purple sweet potatoes recipe Dive into deliciousness! to get more great cooking ideas.