

Char Kwai Teow (stir-fry Flat Rice Noodles)

Yield: 2 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/malaysian-flat-noodles-recipe>

Ingredients:

- 1 egg optional
- 1 handful bean optional
- 1 tablespoon turnip optional
- 1 lap cheong optional
- 2 11/16 tablespoons vegetable optional
- 2 cloves garlic optional
- 5 red chillies optional
- 6 9/16 cups noodle optional
- noodles

Nutrition:

1. Calories: 1120 calories
2. Carbohydrate: 114 grams
3. Cholesterol: 335 milligrams
4. Fat: 51 grams
5. Fiber: 6 grams
6. Protein: 48 grams
7. SaturatedFat: 17 grams
8. Sodium: 1650 milligrams
9. Sugar: 5 grams
10. TransFat: 2 grams

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