

# Chicken Lo Mein

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-chicken-lo-mein-recipe>

## Ingredients:

- 8 ounces egg noodles lo mein, whole wheat spaghetti noodles will work if you can't find lo mein noodles
- 1 tablespoon olive oil
- 2 garlic cloves minced
- 8 ounces chicken sliced into 1 inch pieces
- 1 red bell pepper julienned
- 1/2 sweet onion sliced
- 1/2 cup snow peas
- 1/2 cup shredded carrots
- 1 1/2 cups baby spinach torn
- 2 1/2 tablespoons reduced sodium soy sauce
- 2 teaspoons sugar
- 1 1/2 teaspoons sesame oil
- 1/2 teaspoon ground ginger
- 1 teaspoon Sriracha
- 1 teaspoon crushed red pepper optional

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 85 milligrams
4. Fat: 9 grams
5. Fiber: 4 grams
6. Protein: 22 grams
7. SaturatedFat: 2 grams
8. Sodium: 430 milligrams
9. Sugar: 8 grams

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