

Fen Si with Shrimp (Chinese Glass Noodles)

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 3 1/2 ounces fen si
- 2 ounces bean sprouts
- 4 jumbo shrimp peeled and deveined
- 2 cloves garlic minced
- 1 carrot cut into matchsticks
- 2 teaspoons canola oil divided
- 1 teaspoon soy sauce
- 1/2 teaspoon sesame oil
- 1/2 teaspoon black pepper
- 2 teaspoons oyster sauce
- 4 ounces low sodium chicken broth
- cilantro for garnish, optional

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 10 milligrams
4. Fat: 3.5 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. Sodium: 190 milligrams
8. Sugar: 1 grams

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