

# Shrimp Lo Mein Just Like Chinese Takeout

Yield: 6 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/shrimp-lo-mein-recipe-chinese>

## Ingredients:

- 12 ounces shrimp 31/40 size, peeled and deveined
- 1 pound lo mein noodles fresh pre-cooked
- 1/2 teaspoon sugar
- 1 1/2 tablespoons light soy sauce or regular
- 2 teaspoons dark soy sauce
- 1 tablespoon oyster sauce
- 1/2 teaspoon sesame oil
- ground white pepper Pinch of fresh
- 3 tablespoons neutral oil like vegetable or canola, divided
- 2 cloves garlic minced
- 6 cremini mushrooms or fresh button, sliced
- 1 medium carrot julienned
- 1/2 cup bamboo shoots sliced
- 1/2 cup water chestnuts sliced
- 1 tablespoon Shaoxing wine
- 3 cups napa cabbage shredded
- 1 cup snow peas trimmed
- 1 cup mung bean sprouts fresh
- 2 scallions split and cut into 2-inch long pieces

## Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 85 milligrams
4. Fat: 21 grams
5. Fiber: 4 grams
6. Protein: 23 grams

7. SaturatedFat: 7 grams
  8. Sodium: 2050 milligrams
  9. Sugar: 5 grams
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