

Japanese Noodle Soup

Yield: 2 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-japanese-noodle-recipe>

Ingredients:

- 2 chicken breast halves about 300 grams
- 2 tablespoons teriyaki sauce
- 1 tablespoon rice wine
- 7 ounces fresh udon noodles or 100 grams dried
- 2 teaspoons sesame oil
- 3 scallions
- 4 ounces mung bean sprouts
- 1 teaspoon canola oil
- 1 1/4 pints chicken broth
- 4 sprigs cilantro
- soy sauce a little, to taste

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 125 milligrams
4. Fat: 16 grams
5. Fiber: 2 grams
6. Protein: 52 grams
7. SaturatedFat: 3 grams
8. Sodium: 1530 milligrams
9. Sugar: 5 grams

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