

# Garlicky Bok Choy with Noodles

Yield: 2 min  
Total Time: 15 min

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

## Ingredients:

- 8 ounces chinese noodles or spaghetti noodles, uncooked
- 1 teaspoon peanut oil or canola
- 1 pound bok choy cut into 3" pieces if the leaves are large
- 1/4 cup vegetable broth
- 2 tablespoons soy sauce
- 2 teaspoons ginger
- 2 teaspoons garlic powder

## Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 75 grams
3. Fat: 37 grams
4. Fiber: 7 grams
5. Protein: 15 grams
6. SaturatedFat: 5 grams
7. Sodium: 1660 milligrams
8. Sugar: 3 grams

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