

Quick Chow Fun-Vegetarian Chow Fun

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-chow-fun-recipe>

Ingredients:

- 3 3/8 cups ho fun
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- 1 3/4 ounces rice noodles
- 1 bunch bean sprouts
- 2 shitake mushrooms sliced
- 1 bok choy minced
- 2 green onions cut into 1 inch pieces
- 1 bunch chive Chinese, optional, cut into 1 inch pieces
- 1 garlic clove minced
- 1 egg middle sized, well whisked
- 1 pinch salt
- 1 dash pepper
- 1 tablespoon light soy sauce
- 1 tablespoon cooking oil

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 57 grams
3. Cholesterol: 55 milligrams
4. Fat: 17 grams
5. Fiber: 4 grams
6. Protein: 14 grams
7. SaturatedFat: 7 grams
8. Sodium: 1980 milligrams
9. Sugar: 4 grams

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