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Vegetable Stir Fry Mung Bean Noodles ✦

A delicious vegan stir fry recipe made with mung bean noodles and a variety of fresh vegetables. This dish is packed with flavor and nutrients, making it a healthy and satisfying meal option.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	mung bean noodles
200 g	broccoli
150 g	Carrots
150 g	Red Bell Pepper

100 g	Snow Peas
2 cloves	garlic
1 tsp	Ginger
2 tbsp	soy sauce
2 tsp	sesame oil
1 tsp	Salt
1 tsp	Pepper

Directions

Step 1

Boiling

Cook the mung bean noodles according to the package instructions. Drain and set aside.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Stir-frying

Heat sesame oil in a large pan or wok over medium heat. Add garlic and ginger and cook for 1 minute.

Prep Time: 2 mins

Cook Time: 1 mins

Step 3

Stir-frying

Add broccoli, carrots, red bell pepper, and snow peas to the pan. Cook for 5 minutes, stirring occasionally.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Stir-frying

Add cooked mung bean noodles to the pan. Stir in soy sauce, salt, and pepper. Cook for an additional 2 minutes.

Prep Time: 1 mins

Cook Time: 2 mins

Step 5

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 4 g

Protein: 10 g

Carbohydrates: 45 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
Fibers	8 g	21.05%	32%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	120 mg	133.33%	160%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	500 mg	14.71%	19.23%
Zinc	8 mg	72.73%	100%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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