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## Sticky Garlic Noodles ✦

Sticky Garlic Noodles is a popular Asian dish known for its savory and garlicky flavor. It is typically made with fresh noodles, garlic, soy sauce, and other seasonings. This dish is often enjoyed as a main course or as a side dish with grilled meats or stir-fried vegetables.

**Recipe Type:** Standard

**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

<b>400 g</b>	fresh noodles
<b>4 cloves</b>	garlic
<b>4 tbsp</b>	soy sauce
<b>2 tbsp</b>	oyster sauce

<b>2 tbsp</b>	hoisin sauce
<b>2 tsp</b>	sesame oil
<b>1 tsp</b>	Sugar
<b>4 tbsp</b>	Water
<b>2 stalks</b>	Green Onions

## Directions

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### Step 1

#### Boiling

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

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 2

#### Mixing

In a small bowl, mix together soy sauce, oyster sauce, hoisin sauce, sesame oil, sugar, and water.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

### Stir-frying

Heat a large pan or wok over medium heat. Add minced garlic and cook until fragrant.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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## Step 4

### Stir-frying

Add the cooked noodles to the pan and pour the sauce mixture over them. Stir well to coat the noodles evenly.

**Prep Time:** 2 mins

**Cook Time:** 1 mins

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## Step 5

### Stir-frying

Continue cooking and stirring for another 2-3 minutes, or until the noodles are heated through and the sauce has thickened.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

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## Step 6

### Plating

Garnish with chopped green onions and serve hot.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 2 g

**Protein:** 8 g

**Carbohydrates:** 60 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	60 g	109.09%	120%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	150 mg	4.41%	5.77%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Cuisines

Italian

Chinese

Mexican

French

Thai

Japanese

Mediterranean

Greek

American

### Meal Type

Breakfast

Lunch

Snack

Supper

### Course

Salads

Snacks

### Cultural

Chinese New Year

### Demographics

Diabetic Friendly

## Diet

Vegan Diet

Raw Food Diet

Lacto-Ovo Vegetarian Diet

Low Glycemic Index Diet

## Cooking Method

Boiling

## Difficulty Level

Medium

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