***Shrimp Noodles Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***SAUCE:*** | | |
| Light Butter | 20 g | 100 Cal. |
| Chopped Garlic | 6 g | 9 Cal |
| Chopped Ginger | 20 g | 20 Cal. |
| Water | 1,200 ml | 0 Cal. |
| Oyster Sauce | 300 g | 153 Cal. |
| Soy Sauce | 50 g | 30 Cal |
| Sugar Cane | 40 g | 160 Cal |
| Sesame Oil | 10 g | 90 Cal |
| Bay Leaves | 1 g | 0 |
| Chili Powder | 1 g | 3 Cal |
| Corn Flour | 15 g | 54 Cal |
| ***Total*** | ***1663g after cooking 1164g*** | ***619 Cal***  ***0.53 Cal/g*** |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Noodles: 454 g dry Chinese noodles becomes 1,157 g after cooking.*** | | |
| Olive Oil | 20 g | 180 Cal. |
| Chopped Ginger | 10 g | 8 Cal |
| Chopped Garlic | 5 g | 7 Cal. |
| Shredded Carrot | 50 g | 20 Cal |
| Steamed Broccoli | 100 g | 35 Cal |
| Shredded Onion | 50 g | 20 Cal |
| Spring Onion | 5 g | 2 Cal |
| Soya Sauce | 15 g | 10 Cal |
| Oyster Sauce | 20 g | 10 Cal |
| Sesame Oil | 3 g | 27 Cal |
| Cooked Noodles | 150 g | 210 Cal |
| ***Total*** | ***428g*** | ***529 Cal***  ***1.23 Cal/g*** |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Shrimp Marination:*** | | |
| Grilled Shrimps | 200 g | 260 Cal |
| Salt | 5 g | 0 |
| Black Pepper | 2 g | 6 Cal |
| ***Total*** | ***207g*** | ***266 Cal***  ***1.28 Cal/g*** |

|  |  |  |  |
| --- | --- | --- | --- |
| **Portions** | **1P** | **2P** | **3P** |
| Noodle Mix | 120g = 147 Cal | 200g = 245 Cal | 250g = 307 Cal |
| Shrimps | 75g = 96 cal | 90g = 115 Cal | 120g = 153 Cal |
| Sauce | 60g = 32 Cal | 80g = 44 Cal | 100g = 53 Cal |
| ***Total*** | 275 Cal | 404 Cal | 513 Cal |