



Asian Noodle Salad With Chicken And Sugar Peas

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups chicken breast shredded cooked
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 teaspoon sesame oil dark
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons juice of lime

- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 tablespoon peanut butter reduced-fat
- ☐ 6 ounces japanese soba noodles uncooked
- ☐ 1 tablespoon sugar
- ☐ 2.5 cups sugar snap peas trimmed cut in half diagonally
- ☐ 2 teaspoons vegetable oil

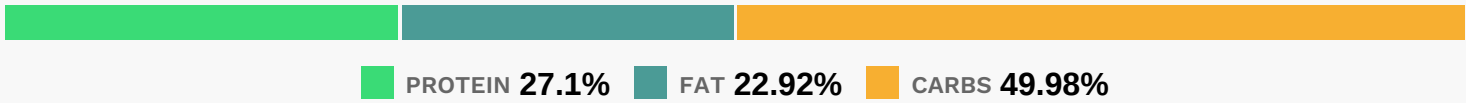
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 8 ingredients in a large bowl; stir with a whisk until blended.
- ☐ Cook peas in boiling water 1 minute or just until crisp-tender.
- ☐ Drain and rinse with cold water; drain well.
- ☐ Cook noodles according to package directions; drain and rinse under cold water.
- ☐ Drain well.
- ☐ Add noodles, peas, chicken, cilantro, and parsley to soy sauce mixture; toss well.

Nutrition Facts



Properties

Glycemic Index:50.4, Glycemic Load:18.79, Inflammation Score:-8, Nutrition Score:18.430434911147%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin:

0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 325.14kcal (16.26%), Fat: 8.58g (13.21%), Saturated Fat: 1.76g (10.98%), Carbohydrates: 42.1g (14.03%), Net Carbohydrates: 40.11g (14.59%), Sugar: 6.01g (6.68%), Cholesterol: 39.38mg (13.13%), Sodium: 690.7mg (30.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.83g (45.67%), Vitamin K: 53.14µg (50.61%), Vitamin C: 41.74mg (50.59%), Manganese: 0.81mg (40.4%), Vitamin B3: 6.6mg (32.98%), Phosphorus: 271.98mg (27.2%), Vitamin B1: 0.35mg (23.1%), Vitamin B6: 0.45mg (22.38%), Magnesium: 80.4mg (20.1%), Selenium: 13.73µg (19.61%), Iron: 3.39mg (18.84%), Vitamin A: 891.57IU (17.83%), Folate: 63.77µg (15.94%), Vitamin B5: 1.46mg (14.64%), Zinc: 1.9mg (12.66%), Potassium: 429.06mg (12.26%), Vitamin B2: 0.21mg (12.22%), Copper: 0.21mg (10.53%), Fiber: 1.99g (7.96%), Vitamin E: 0.89mg (5.95%), Calcium: 55.58mg (5.56%), Vitamin B12: 0.15µg (2.54%)