



 **52%**
HEALTH SCORE

Asian Noodle Toss

 Dairy Free

READY IN



20 min.

SERVINGS



5

CALORIES



357 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 11 ounces mandarin oranges undrained canned
- 10 ounces carrots julienned
- 2 cups roasted chicken cubed cooked
- 0.5 cup sauce
- 8 ounces pasta like spaghetti uncooked thin
- 8 ounces sugar snap peas

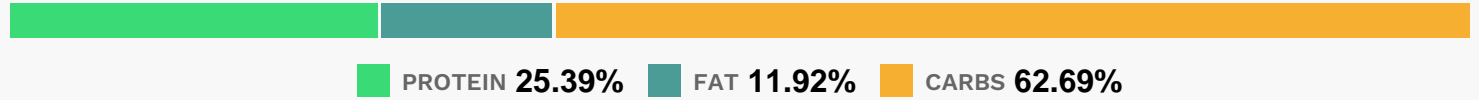
Equipment

- bowl

Directions

- Cook spaghetti according to package directions. Stir in carrots and peas; cook 1 minute longer.
- Drain; place in a bowl.
- Add the chicken, oranges and stir-fry sauce; toss to coat.

Nutrition Facts



Properties

Glycemic Index:17.77, Glycemic Load:15.42, Inflammation Score:-10, Nutrition Score:22.127826086957%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 356.66kcal (17.83%), Fat: 4.67g (7.19%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 55.29g (18.43%), Net Carbohydrates: 50.32g (18.3%), Sugar: 16.32g (18.14%), Cholesterol: 42mg (14%), Sodium: 372.68mg (16.2%), Protein: 22.4g (44.8%), Vitamin A: 10806.44IU (216.13%), Vitamin C: 51.7mg (62.67%), Selenium: 43.07µg (61.52%), Vitamin B3: 6.29mg (31.46%), Manganese: 0.62mg (30.86%), Phosphorus: 243.99mg (24.4%), Vitamin B6: 0.47mg (23.58%), Fiber: 4.97g (19.87%), Vitamin K: 18.87µg (17.97%), Potassium: 586.37mg (16.75%), Vitamin B1: 0.24mg (15.73%), Magnesium: 60.35mg (15.09%), Iron: 2.55mg (14.16%), Zinc: 2.08mg (13.87%), Copper: 0.25mg (12.5%), Vitamin B5: 1.23mg (12.35%), Vitamin B2: 0.2mg (11.65%), Folate: 43.91µg (10.98%), Calcium: 61.94mg (6.19%), Vitamin E: 0.69mg (4.63%), Vitamin B12: 0.16µg (2.71%)