



Asian Noodles with Chicken and Scallions

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



636 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb broccoli florets fresh
- ☐ 1 lb chicken tenderloins cooked (not coated or)
- ☐ 2 teaspoons chile garlic paste chinese to taste (preferably Lan Chi)
- ☐ 2 tablespoons hoisin sauce (preferably Lee Kum Kee or Koon Chun)
- ☐ 0.5 cup premium oyster sauce (preferably Lee Kum Kee)
- ☐ 0.5 cup scallions chopped (from 1 bunch)
- ☐ 1 tablespoon asian sesame oil
- ☐ 2 teaspoons roasted sesame seeds

☐ 1 lb udon dried thick (wheat noodles)

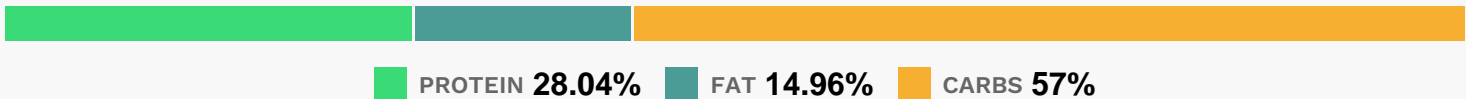
Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Cook chicken in a 6-quart pot of boiling unsalted water, covered, until just cooked through, about 3 minutes.
- ☐ Transfer to a large bowl with a slotted spoon.
- ☐ Add broccoli to boiling water and cook, uncovered, stirring occasionally, until just tender, 3 to 5 minutes.
- ☐ Transfer with slotted spoon to a colander to drain, then transfer to another bowl. Return water to a boil and cook noodles until tender (check often; cooking time on package may not be accurate). Reserve 1 cup cooking water, then drain noodles in colander and rinse under hot water.
- ☐ While noodles cook, tear chicken into chunks.
- ☐ Add oyster and hoisin sauces, sesame oil, chile garlic paste, half of scallions, and 1/3 cup cooking water to chicken and stir to combine.
- ☐ Divide noodles, broccoli, and chicken mixture among 4 bowls and sprinkle with sesame seeds and remaining scallions.
- ☐ Serve immediately, stirring just before eating. If noodles become dry, moisten with some of cooking water.
- ☐ If you have to substitute an Asian chile paste without garlic for the chile garlic paste, start with 1/2 teaspoon and add to taste.

Nutrition Facts



Properties

Glycemic Index:46.58, Glycemic Load:42.11, Inflammation Score:-8, Nutrition Score:28.650434856829%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 9.07mg, Kaempferol: 9.07mg, Kaempferol: 9.07mg, Kaempferol: 9.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg

Nutrients (% of daily need)

Calories: 635.84kcal (31.79%), Fat: 10.8g (16.61%), Saturated Fat: 1.4g (8.77%), Carbohydrates: 92.52g (30.84%), Net Carbohydrates: 82.52g (30.01%), Sugar: 14.75g (16.39%), Cholesterol: 72.81mg (24.27%), Sodium: 2453.58mg (106.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.5g (91.01%), Vitamin K: 142.33µg (135.55%), Vitamin C: 105.7mg (128.12%), Vitamin B3: 13.2mg (66%), Selenium: 41.32µg (59.02%), Vitamin B6: 1.1mg (55.2%), Fiber: 9.99g (39.97%), Phosphorus: 337.14mg (33.71%), Potassium: 852.3mg (24.35%), Vitamin B5: 2.3mg (23.01%), Folate: 91.21µg (22.8%), Manganese: 0.38mg (18.86%), Vitamin B2: 0.31mg (18.51%), Vitamin A: 865.91IU (17.32%), Magnesium: 63.01mg (15.75%), Vitamin B1: 0.18mg (11.74%), Copper: 0.2mg (9.89%), Iron: 1.75mg (9.74%), Calcium: 94.08mg (9.41%), Zinc: 1.33mg (8.86%), Vitamin E: 1.24mg (8.3%), Vitamin B12: 0.35µg (5.76%)