



Basil Chicken Thai Noodles

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



429 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14 ounce chicken breast pieces uncooked for stir-fry
- ☐ 0.3 cup creamy peanut butter
- ☐ 2 tablespoons roasted peanuts dry chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 6 ounce stir-fry rice noodles linguine-style rice stick noodles
- ☐ 1 tablespoon soya sauce

Equipment

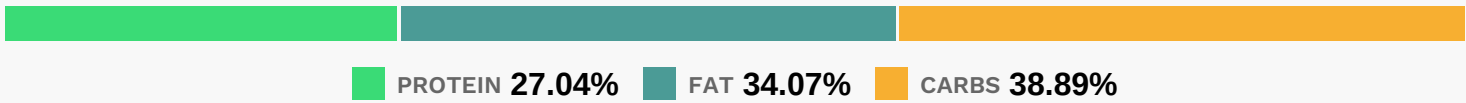
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ In 3-quart saucepan, heat 4 cups water to boiling.
- ☐ Remove from heat; add noodles (push noodles into water with back of spoon to cover completely with water if necessary). Soak noodles 3 to 5 minutes or until noodles are soft but firm.
- ☐ Drain noodles; rinse with cold water. Set aside.
- ☐ Meanwhile, in medium bowl, beat cooking sauce, peanut butter, lime juice and soy sauce with whisk until smooth; set aside.
- ☐ In 10-inch skillet, heat 1 tablespoon vegetable oil over medium-high heat.
- ☐ Add chicken; cook and stir 4 to 5 minutes or until no longer pink in center.
- ☐ Add sauce mixture; heat to boiling, stirring frequently. Stir in noodles until thoroughly mixed. Cook 2 to 3 minutes, tossing with 2 wooden spoons, until heated through.
- ☐ Sprinkle with peanuts and cilantro.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:20.69, Inflammation Score:-4, Nutrition Score:16.577825819669%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 429.25kcal (21.46%), Fat: 16.29g (25.06%), Saturated Fat: 3.19g (19.91%), Carbohydrates: 41.82g (13.94%), Net Carbohydrates: 39.64g (14.41%), Sugar: 2.64g (2.94%), Cholesterol: 63.5mg (21.17%), Sodium: 556.67mg (24.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.07g (58.15%), Vitamin B3: 14.21mg (71.03%), Selenium: 39.56µg (56.51%), Vitamin B6: 0.88mg (43.94%), Phosphorus: 370.84mg (37.08%), Manganese: 0.67mg (33.46%), Magnesium: 78.24mg (19.56%), Vitamin B5: 1.75mg (17.55%), Vitamin E: 2.4mg (16.01%), Potassium: 546.77mg (15.62%), Zinc: 1.6mg (10.65%), Vitamin B2: 0.16mg (9.69%), Copper: 0.18mg (8.94%), Fiber: 2.18g (8.73%), Vitamin B1: 0.12mg (7.84%), Folate: 29.77µg (7.44%), Iron: 1.23mg (6.81%), Vitamin B12: 0.2µg (3.31%), Vitamin C: 2.32mg (2.81%), Calcium: 27.48mg (2.75%)