



Braised Seafood and Vegetable Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



367 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 baby bok choy quartered
- ☐ 6 baby corns whole canned cut in half diagonally
- ☐ 0.5 cup carrots thinly sliced
- ☐ 1 teaspoon cornstarch
- ☐ 2 teaspoons cornstarch
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.5 pound pacific halibut filets skinless cut into 1-inch pieces

- ☐ 2 tablespoons oyster sauce
- ☐ 2 tablespoons sake dry
- ☐ 2 teaspoons sake dry
- ☐ 0.3 pound shrimp deveined peeled
- ☐ 0.3 cup snow peas cut in half diagonally
- ☐ 0.5 cup straw mushrooms canned drained
- ☐ 8 ounces udon noodles fresh thick (, round Japanese wheat noodles)
- ☐ 1 tablespoon vegetable oil
- ☐ 2 quarts water
- ☐ 0.3 teaspoon pepper white

Equipment

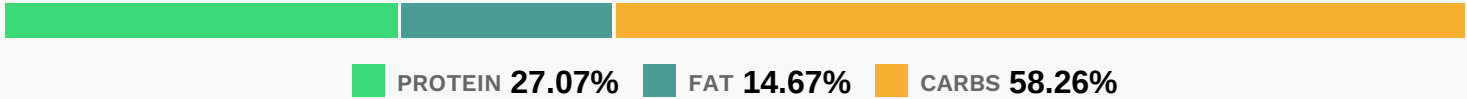
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ Combine first 4 ingredients in a medium bowl, tossing to coat, and let mixture stand 10 minutes.
- ☐ Combine broth and next 4 ingredients (through pepper), stirring with a whisk; set aside.
- ☐ Bring 2 quarts water to a boil in a large saucepan.
- ☐ Add bok choy; cook 3 minutes or until crisp-tender.
- ☐ Remove bok choy from water with a slotted spoon; keep warm.
- ☐ Add noodles to boiling water; cook according to package directions, omitting salt and fat.
- ☐ Drain the noodles. Arrange noodles and bok choy on a serving platter; cover and keep warm.
- ☐ Heat oil in a wok or large nonstick skillet over medium-high heat.

- ☐ Add fish mixture, carrot, and onions; stir-fry 3 minutes or until shrimp are done and fish flakes easily when tested with a fork.
- ☐ Add broth mixture, mushrooms, snow peas, and corn; bring to a boil, stirring constantly. Cook 2 minutes or until sauce is slightly thick. Spoon over noodles and bok choy.

Nutrition Facts



Properties

Glycemic Index:53.58, Glycemic Load:2.65, Inflammation Score:-10, Nutrition Score:19.141304555147%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 367.14kcal (18.36%), Fat: 5.9g (9.07%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 52.68g (17.56%), Net Carbohydrates: 48.89g (17.78%), Sugar: 3.1g (3.45%), Cholesterol: 73.43mg (24.48%), Sodium: 785.48mg (34.15%), Alcohol: 1.03g (100%), Alcohol %: 0.16% (100%), Protein: 24.48g (48.95%), Vitamin A: 6684.69IU (133.69%), Vitamin C: 46.26mg (56.08%), Selenium: 30.54µg (43.63%), Phosphorus: 242.93mg (24.29%), Vitamin B3: 4.61mg (23.06%), Vitamin K: 23.46µg (22.34%), Vitamin B6: 0.39mg (19.52%), Vitamin D: 2.66µg (17.77%), Fiber: 3.79g (15.16%), Calcium: 150.96mg (15.1%), Copper: 0.28mg (13.96%), Potassium: 487.13mg (13.92%), Vitamin B12: 0.72µg (11.96%), Magnesium: 41.29mg (10.32%), Iron: 1.68mg (9.34%), Folate: 32.15µg (8.04%), Manganese: 0.15mg (7.45%), Zinc: 1.02mg (6.78%), Vitamin B5: 0.59mg (5.92%), Vitamin E: 0.81mg (5.42%), Vitamin B1: 0.08mg (5.27%), Vitamin B2: 0.08mg (4.92%)