



Cantonese Chicken Chow Mein

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons sesame oil dark
- ☐ 1.5 tablespoons fish sauce
- ☐ 4 garlic clove minced
- ☐ 1 cup spring onion diagonally sliced
- ☐ 8 ounce lo mein noodles
- ☐ 1 cup mushroom caps sliced
- ☐ 16 ounce chicken breast halves cut into 1-inch strips
- ☐ 1 teaspoon vegetable oil

- ☐ 0.5 cup water
- ☐ 0.3 teaspoon pepper white

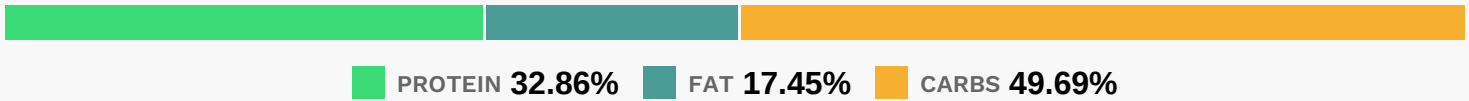
Equipment

- ☐ frying pan

Directions

- ☐ Cook noodles according to package directions, omitting salt; keep warm.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add garlic; stir-fry 30 seconds.
- ☐ Add chicken; stir-fry 5 minutes. Stir in mushrooms and fish sauce; stir-fry 1 minute. Stir in lo mein noodles, onions, water, and pepper; cover and cook until thoroughly heated (about 2 minutes).
- ☐ Sprinkle with sesame oil.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.43, Inflammation Score:-5, Nutrition Score:18.854347716207%

Flavonoids

Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 383.68kcal (19.18%), Fat: 7.41g (11.41%), Saturated Fat: 1.11g (6.94%), Carbohydrates: 47.49g (15.83%), Net Carbohydrates: 44.32g (16.12%), Sugar: 2.2g (2.45%), Cholesterol: 72.57mg (24.19%), Sodium: 844.62mg (36.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.4g (62.8%), Vitamin B3: 14.33mg (71.63%), Selenium: 40.7µg (58.15%), Vitamin B6: 1.09mg (54.71%), Vitamin K: 54.37µg (51.78%), Phosphorus: 315.95mg (31.59%), Vitamin B5: 2.51mg (25.08%), Potassium: 691.89mg (19.77%), Vitamin B2: 0.26mg (15.49%), Magnesium: 58.75mg (14.69%), Manganese: 0.26mg (12.91%), Fiber: 3.17g (12.67%), Zinc: 1.39mg (9.27%), Vitamin C: 7.06mg (8.55%), Folate: 31.43µg (7.86%), Copper: 0.15mg (7.49%), Vitamin B1: 0.1mg (6.78%), Iron: 1.14mg (6.35%), Vitamin A: 284.35IU (5.69%), Vitamin B12: 0.26µg (4.32%), Calcium: 34.35mg (3.44%), Vitamin E: 0.48mg (3.17%), Vitamin D: 0.34µg (2.26%)