



Chicken and Rice Noodle Stir Fry

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounce baby corns sweet drained canned
- 4 servings pepper black freshly ground to taste
- 4 cloves garlic minced
- 1 pinch garlic powder to taste
- 1 bell pepper green chopped
- 3 green onions chopped
- 1 onion chopped
- 1 pinch onion powder to taste

- 8 ounce rice noodles dried
- 1 large chicken breast boneless skinless cut in bite-sized pieces
- 0.3 cup soya sauce to taste
- 2 tablespoons teriyaki sauce to taste
- 3 tablespoons vegetable oil divided
- 4 cups water hot or as needed
- 0.5 cup white cooking wine to taste

Equipment

- bowl
- frying pan
- wok
- kitchen scissors

Directions

- Sprinkle chicken with garlic powder, onion powder, and black pepper.
- Soak rice noodles in a bowl with hot water until softened, about 10 minutes; drain and cut noodles in half with scissors.
- Heat 1 1/2 tablespoons vegetable oil in a wok or large skillet over medium-high heat; cook and stir garlic in the hot oil until fragrant, about 1 minute.
- Add onion and green bell pepper; cook, stirring constantly, until onion and pepper are softened, about 5 minutes.
- Add remaining 1 1/2 tablespoons vegetable oil; cook and stir chicken into onion mixture until chicken is no longer pink in the center, 5 to 7 minutes.
- Stir wine, soy sauce, and teriyaki sauce into chicken mixture; simmer until liquid is slightly reduced, about 3 minutes.
- Add baby corn and green onions; toss to evenly coat with sauce.
- Mix rice noodles into stir fry mixture; toss to coat. Cook and stir until heated through, about 2 more minutes.

Nutrition Facts

PROTEIN 11.9% FAT 25.89% CARBS 62.21%

Properties

Glycemic Index:69.88, Glycemic Load:32.54, Inflammation Score:-6, Nutrition Score:14.025652009508%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg

Nutrients (% of daily need)

Calories: 436.38kcal (21.82%), Fat: 12.02g (18.49%), Saturated Fat: 1.92g (12.03%), Carbohydrates: 64.99g (21.66%), Net Carbohydrates: 61.6g (22.4%), Sugar: 5.87g (6.52%), Cholesterol: 18.08mg (6.03%), Sodium: 1308.55mg (56.89%), Alcohol: 3.09g (100%), Alcohol %: 0.79% (100%), Protein: 12.43g (24.86%), Vitamin K: 40.27µg (38.35%), Vitamin C: 31.32mg (37.96%), Manganese: 0.62mg (30.88%), Selenium: 18.6µg (26.57%), Phosphorus: 239.84mg (23.98%), Vitamin B6: 0.48mg (23.85%), Vitamin B3: 4.75mg (23.76%), Fiber: 3.39g (13.55%), Magnesium: 50.61mg (12.65%), Potassium: 419.7mg (11.99%), Copper: 0.19mg (9.5%), Vitamin B5: 0.95mg (9.46%), Iron: 1.64mg (9.1%), Vitamin B1: 0.13mg (8.66%), Zinc: 1.15mg (7.64%), Folate: 30.48µg (7.62%), Vitamin E: 1.1mg (7.3%), Vitamin B2: 0.12mg (7.16%), Vitamin A: 321.49IU (6.43%), Calcium: 50.47mg (5.05%)