



Chicken & Broccoli with Crispy Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup almonds raw skinless
- 1.5 pounds broccoli for another use cut into small florets, stalks reserved (1-2 heads)
- 0.8 cup chicken stock see plus more if needed
- 1 tablespoon cornstarch
- 1 tablespoon sherry dry
- 1 tablespoon ginger fresh grated peeled
- 4 ounces vermicelli thin
- 2 pounds chicken breast boneless skinless cut into 1-inch chunks

- 0.8 cup t brown sugar mixed dark with 1/4 cup packed brown sugar
- 1 cup vegetable oil

Equipment

- bowl
- frying pan
- paper towels
- whisk
- kitchen thermometer
- wok
- slotted spoon

Directions

- In a large bowl, whisk together the sherry and cornstarch.
- Add the ginger, then add the chicken pieces and stir to coat. Set aside.
- Heat the oil in a wok or a 12-inch skillet over high heat until it reaches 350 degrees on a deep-fat thermometer. The rice sticks cook almost instantly, so have a slotted spoon and paper towels ready before you start. Take a handful of rice sticks, break into 2- to 3-inch pieces, and drop into the hot oil. They should puff immediately and become opaque—remove them as soon as they do to prevent burning and drain on the paper towels. Repeat, bringing the oil back to 350 degrees before you add more rice sticks, until all of them are cooked.
- Pour off all but 2 tablespoons of the oil and return the pan to the heat. When the oil is shimmering, add the chicken, broccoli, and almonds and cook, stirring frequently, until the chicken is lightly browned all over, about 3 minutes.
- Add the kecap manis and chicken stock and bring to a boil, stirring. Reduce the heat to medium-low, cover, and simmer until the chicken is cooked through and the broccoli is tender, 3 to 4 minutes; add a little more stock if the mixture becomes too dry.
- Divide the chicken and broccoli among the plates, top with the crispy noodles, and serve.
- Reprinted with permission from Family Table: Favorite Staff Meals from Our Restaurants to Your Home by Michael Romano and Karen Stabiner, © 2013 Houghton Mifflin Harcourt

Nutrition Facts



■ PROTEIN 29.06% ■ FAT 29.99% ■ CARBS 40.95%

Properties

Glycemic Index:21.67, Glycemic Load:10.56, Inflammation Score:-8, Nutrition Score:34.274347792501%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 8.94mg, Kaempferol: 8.94mg, Kaempferol: 8.94mg, Kaempferol: 8.94mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 536.31kcal (26.82%), Fat: 18.02g (27.73%), Saturated Fat: 2.68g (16.72%), Carbohydrates: 55.36g (18.45%), Net Carbohydrates: 50.59g (18.39%), Sugar: 29.64g (32.93%), Cholesterol: 97.67mg (32.56%), Sodium: 298.32mg (12.97%), Alcohol: 0.26g (100%), Alcohol %: 0.08% (100%), Protein: 39.29g (78.58%), Vitamin C: 103.08mg (124.95%), Vitamin K: 129.4µg (123.24%), Vitamin B3: 17.48mg (87.42%), Selenium: 55.6µg (79.43%), Vitamin B6: 1.38mg (69.14%), Phosphorus: 488.81mg (48.88%), Manganese: 0.65mg (32.56%), Vitamin E: 4.83mg (32.19%), Potassium: 1085.52mg (31.01%), Vitamin B5: 2.91mg (29.1%), Vitamin B2: 0.45mg (26.42%), Magnesium: 102.03mg (25.51%), Folate: 85.23µg (21.31%), Fiber: 4.78g (19.1%), Vitamin A: 752.85IU (15.06%), Vitamin B1: 0.22mg (14.57%), Copper: 0.27mg (13.32%), Zinc: 1.91mg (12.74%), Iron: 2.24mg (12.45%), Calcium: 120.48mg (12.05%), Vitamin B12: 0.3µg (5.04%), Vitamin D: 0.15µg (1.01%)