



 **26%**
HEALTH SCORE

Chicken Chow Mein

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



1003 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces bean sprouts
- 0.8 cup cashew pieces sliced
- 1 stalk celery thinly sliced
- 0.5 cup chicken broth low sodium homemade canned
- 3 cups rice white cooked
- 3 cups rice white cooked
- 3 cups rice white cooked
- 2 teaspoons cornstarch

- 1 teaspoon sesame oil dark
- 1 tablespoon ginger fresh minced peeled
- 3 garlic clove minced
- 4 servings kosher salt to taste
- 4 ounces mushrooms thinly sliced
- 4 ounces mushrooms thinly sliced
- 3 tablespoons oyster sauce
- 0.3 cup vegetable oil; peanut oil preferred
- 2 tablespoons vegetable oil; peanut oil preferred
- 4 servings pepper black freshly ground to taste
- 1 spring onion white green minced
- 2 chicken breast boneless skinless cut into thin 1-inch pieces
- 2 ounces snow peas fresh trimmed
- 3 ounces soba noodles dried fresh (or produce dept)
- 1 tablespoon soya sauce dark
- 4 servings soya sauce dark
- 1 teaspoon sugar
- 0.3 cup water canned thinly sliced
- 0.5 medium onion yellow thinly sliced

Equipment

- bowl
- frying pan
- paper towels
- whisk
- wok
- colander

Directions

- Boil the noodles according to package instructions.
- Drain in colander in the sink and rinse under cold running water. Shake the colander to drain off excess water and pat noodles dry with a towel.
- Heat 1/4 cup peanut oil in large seasoned wok or non-stick skillet over high heat.
- Add the noodles, spreading them out to evenly cover the skillet, and fry, turning once, until golden brown and crispy, about 8 minutes. (Break the noodles up, by stirring, near the end of cooking).
- Transfer noodles to a paper towel-lined plate and season with salt to taste. Set aside. Discard any excess oil and wipe out the pan. OR. Can use bought chow mein noodles (much easier).
- Whisk together the chicken broth, oyster sauce, soy sauce or tamari, cornstarch and sugar in a small bowl; set aside. Season the chicken with the dark sesame oil, salt, black pepper crushed red pepper flakes & set aside.
- Heat the skillet over high heat.
- Heat the remaining 2 Tablespoons peanut oil until very hot.
- Add the ginger, garlic, scallion, & red pepper flakes, stir-fry until fragrant, about 30 seconds.
- Add the chicken and stir-fry, until lightly browned, about 1-1/2 minutes.
- Add the onion, celery and mushrooms, and stir-fry, until crisp-tender, about 2 minutes.
- Add the water chestnuts.
- Spread the ingredients to the outside of the pan to form a well in the center.
- Pour the chicken broth mixture into the well, bring to a boil, and stir to coat the chow mein mixture. Stir in the bean sprouts and snow peas.
- Sprinkle with cashew pieces. Season generously.
- Serve over white rice and serve the chow mein noodles on the side. Enjoy!

Nutrition Facts



PROTEIN 14.4% **FAT 31.36%** **CARBS 54.24%**

Properties

Glycemic Index:184.2, Glycemic Load:119.48, Inflammation Score:-7, Nutrition Score:35.125651820846%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 1002.88kcal (50.14%), Fat: 35.34g (54.37%), Saturated Fat: 6.25g (39.07%), Carbohydrates: 137.51g (45.84%), Net Carbohydrates: 132.52g (48.19%), Sugar: 7.9g (8.77%), Cholesterol: 36.16mg (12.05%), Sodium: 2085.98mg (90.69%), Alcohol: 0g (100%), Protein: 36.49g (72.99%), Manganese: 2.74mg (136.84%), Selenium: 56.54µg (80.77%), Vitamin B3: 12.4mg (61.98%), Copper: 1.22mg (60.87%), Phosphorus: 608.74mg (60.87%), Vitamin B6: 1.14mg (57.2%), Magnesium: 183.22mg (45.8%), Vitamin B5: 3.92mg (39.23%), Vitamin K: 40.29µg (38.37%), Vitamin B2: 0.53mg (31.12%), Zinc: 4.62mg (30.81%), Vitamin B1: 0.46mg (30.41%), Potassium: 992.25mg (28.35%), Iron: 4.99mg (27.73%), Vitamin E: 3.87mg (25.81%), Vitamin C: 20.67mg (25.06%), Folate: 96.39µg (24.1%), Fiber: 4.99g (19.94%), Calcium: 94.79mg (9.48%), Vitamin A: 258.77IU (5.18%), Vitamin B12: 0.22µg (3.68%), Vitamin D: 0.17µg (1.13%)