



**Dairy Free** 

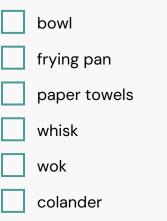


### Ingredients

- 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
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- 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



# Directions

Serve over white rice and serve the chow mein noodles on the side.Enjoy! Nutrition Facts
Sprinkle with cashew pieces.Season generously.
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.
Spread the ingredients to the outside of the pan to form a well in the center.
Add the water chestnuts.
Add the onion, celery and mushrooms, and stir-fry, until crisp-tender, about 2 minutes.
Add the chicken and stir-fry, until lightly browned, about 1-1/2 minutes.
Add the ginger, garlic, scallion, & red pepper flakes, stir-fry until fragrant, about 30 seconds.
Heat the remaining 2 Tablespoons peanut oil until very hot.
Heat the skillet over high heat.
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, blk pepper crushed red pepper flakes & set aside.
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).
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).
Heat 1/4 cup peanut oil in large seasoned wok or non-stick skillet over high heat.
Drain in colander in the sink and rinse under cold tunning water.Shake the colander to drain off excess water and pat noodles dry with a towel.
Boil the noodles according to package instructions.

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 Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.35mg, 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

#### 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: Og (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%)