



Chicken Chow Mein (West Indian Style)

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large carrots cut into strips
- ☐ 2 chile peppers chopped
- ☐ 8 ounce extra wide egg noodles
- ☐ 0.3 cup cilantro leaves fresh chopped to taste
- ☐ 1 clove garlic minced
- ☐ 1.5 inch ginger root cut into strips
- ☐ 1 bell pepper green cut into strips
- ☐ 4 green onions finely chopped

- ☐ 1 tablespoon ground pepper white
- ☐ 1 onion finely chopped
- ☐ 2 chicken breast halves boneless skinless chopped
- ☐ 5 tablespoons soya sauce dark
- ☐ 0.5 cup vegetable oil for frying or as needed

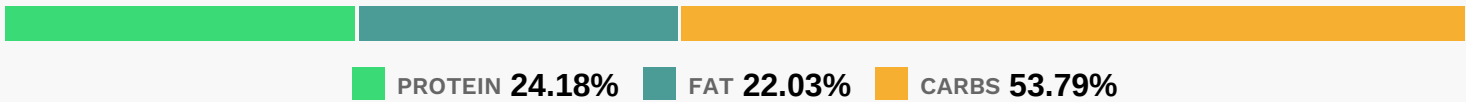
Equipment

- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook egg noodles in the boiling water, stirring occasionally until cooked through but firm to the bite, about 5 minutes.
- ☐ Drain.
- ☐ Heat vegetable oil in a large pot over medium heat.
- ☐ Add chile peppers, onion, garlic, and ginger; cook until fragrant, 2 to 3 minutes.
- ☐ Add 5 tablespoons dark soy sauce; fry for 1 more minute.
- ☐ Cook and stir chicken in the onion mixture over high heat until chicken is no longer pink in the center, 5 to 7 minutes.
- ☐ Add green bell pepper and carrots and cook until softened, about 5 more minutes.
- ☐ Gently fold noodles into chicken mixture.
- ☐ Mix in white pepper, 5 more tablespoons dark soy sauce, and cilantro until heated through, about 5 minutes.
- ☐ Sprinkle with green onion to serve.

Nutrition Facts



Properties

Glycemic Index:74.21, Glycemic Load:19.97, Inflammation Score:-10, Nutrition Score:28.901739172314%

Flavonoids

Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 396.99kcal (19.85%), Fat: 9.81g (15.09%), Saturated Fat: 1.89g (11.84%), Carbohydrates: 53.88g (17.96%), Net Carbohydrates: 48.64g (17.69%), Sugar: 6.57g (7.3%), Cholesterol: 83.79mg (27.93%), Sodium: 1366.09mg (59.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.22g (48.44%), Vitamin A: 6578.28IU (131.57%), Selenium: 63.49µg (90.69%), Vitamin C: 64.35mg (78%), Vitamin K: 48.59µg (46.27%), Vitamin B3: 8.88mg (44.42%), Manganese: 0.89mg (44.41%), Vitamin B6: 0.88mg (43.89%), Phosphorus: 330.78mg (33.08%), Fiber: 5.24g (20.95%), Potassium: 728.47mg (20.81%), Magnesium: 77.35mg (19.34%), Vitamin B5: 1.64mg (16.38%), Copper: 0.33mg (16.3%), Iron: 2.8mg (15.53%), Vitamin B1: 0.23mg (15.01%), Folate: 51.75µg (12.94%), Vitamin B2: 0.21mg (12.52%), Zinc: 1.83mg (12.22%), Vitamin E: 1.37mg (9.13%), Calcium: 67.22mg (6.72%), Vitamin B12: 0.28µg (4.62%), Vitamin D: 0.23µg (1.51%)