



HEALTH SCORE

74%

Chicken, kale & sprout stir-fry



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 100 g soup noodles
- ☐ 100 g kale shredded
- ☐ 2 tsp sesame oil
- ☐ 2 chicken breast skinless lean sliced into thin strips
- ☐ 25 g ginger fresh peeled sliced into matchsticks
- ☐ 1 bell pepper red deseeded thinly sliced
- ☐ 1 handful brussels sprouts cut into quarters
- ☐ 1 tbsp soy sauce low-sodium

- ☐ 2 tbsp citrus champagne vinegar
- ☐ 1 lime zest

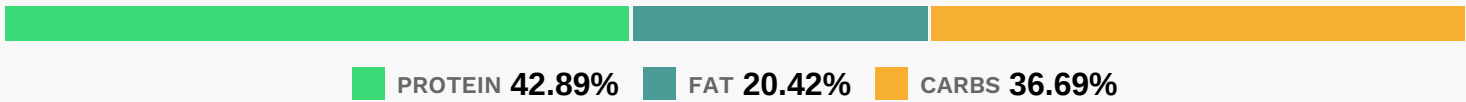
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Cook the noodles following pack instructions, then drain and set aside. meanwhile, heat a large wok or frying pan and add the kale along with a good splash of water and cook for 1–2 mins until wilted, with a little bite remaining, then cool under running water to keep the colour.
- ☐ Add half the oil and cook the chicken strips until browned, then remove and set aside.
- ☐ Heat the remaining oil and fry the ginger, pepper and sprouts until softened a little. return the chicken and kale and add the noodles.
- ☐ Tip in the soy, rice wine and lime zest and juice along with enough water to create a sauce that clings to the ingredients.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:92.5, Glycemic Load:16.94, Inflammation Score:-10, Nutrition Score:43.579999975536%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 11.8mg, Isorhamnetin: 11.8mg, Isorhamnetin: 11.8mg, Isorhamnetin: 11.8mg Kaempferol: 23.42mg, Kaempferol: 23.42mg, Kaempferol: 23.42mg, Kaempferol: 23.42mg Quercetin: 11.57mg, Quercetin: 11.57mg, Quercetin: 11.57mg, Quercetin: 11.57mg

Nutrients (% of daily need)

Calories: 543.55kcal (27.18%), Fat: 12.22g (18.8%), Saturated Fat: 2.22g (13.87%), Carbohydrates: 49.4g (16.47%), Net Carbohydrates: 43.24g (15.72%), Sugar: 5.06g (5.63%), Cholesterol: 144.64mg (48.21%), Sodium: 585.65mg

(25.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.76g (115.52%), Vitamin K: 200.13µg (190.6%), Vitamin C: 136.45mg (165.39%), Selenium: 104.7µg (149.57%), Vitamin A: 6946.26IU (138.93%), Vitamin B3: 25.85mg (129.25%), Vitamin B6: 2.06mg (102.93%), Phosphorus: 637.17mg (63.72%), Manganese: 0.96mg (48.12%), Potassium: 1369.21mg (39.12%), Vitamin B5: 3.8mg (37.95%), Magnesium: 122.52mg (30.63%), Vitamin B2: 0.51mg (30.04%), Fiber: 6.16g (24.65%), Folate: 84.29µg (21.07%), Vitamin B1: 0.3mg (19.69%), Calcium: 169.52mg (16.95%), Zinc: 2.51mg (16.72%), Iron: 3mg (16.67%), Copper: 0.3mg (14.9%), Vitamin E: 1.96mg (13.07%), Vitamin B12: 0.45µg (7.53%), Vitamin D: 0.23µg (1.51%)