



Chicken Kebabs with Cucumber Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons chili paste depending on your taste pref fresh (ground chile paste)
- ☐ 0.3 cup creamy peanut butter
- ☐ 1 medium cucumber seeded thinly sliced
- ☐ 2 tablespoons sesame oil dark
- ☐ 4 servings cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 2 tablespoons honey divided

- ☐ 2 tablespoons soy sauce divided
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 3 tablespoons rice vinegar divided
- ☐ 1 pound chicken breast boneless skinless cut into 1 1/2-inch pieces
- ☐ 7 ounces soba noodles uncooked
- ☐ 0.3 teaspoon sugar
- ☐ 2 tablespoons water

Equipment

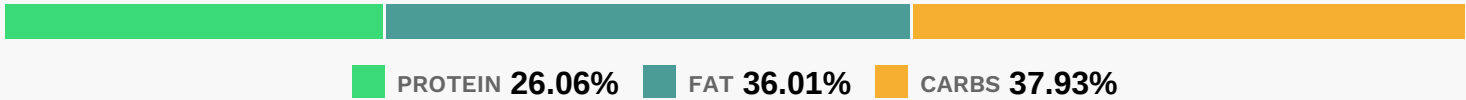
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ skewers
- ☐ grill pan

Directions

- ☐ Cook noodles according to package directions, omitting salt and fat; drain and rinse with cold water.
- ☐ Drain.
- ☐ Combine 2 tablespoons vinegar, sesame oil, 1 tablespoon honey, and sugar in a large bowl, stirring with a whisk.
- ☐ Add the noodles, onions, and cucumber; toss to combine.
- ☐ Combine remaining 1 tablespoon honey, 1 tablespoon soy sauce, ginger, and peanut oil in a medium bowl, stirring with a whisk.
- ☐ Add chicken to bowl; toss to coat. Thread chicken evenly onto 4 (10-inch) skewers.
- ☐ Heat a grill pan over medium-high heat. Coat with cooking spray.
- ☐ Add kebabs to pan; cook 12 minutes or until done, turning to brown all sides.
- ☐ Combine remaining 1 tablespoon vinegar, remaining 1 tablespoon soy sauce, peanut butter, 2 tablespoons water, and sambal oelek in a medium bowl, stirring with a whisk.
- ☐ Drizzle mixture over chicken.

- ☐ Garnish with cilantro.
- ☐ Serve with noodles.

Nutrition Facts



Properties

Glycemic Index:83.22, Glycemic Load:24.77, Inflammation Score:-6, Nutrition Score:22.160434909489%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 536.71kcal (26.84%), Fat: 22.17g (34.1%), Saturated Fat: 3.94g (24.63%), Carbohydrates: 52.55g (17.52%), Net Carbohydrates: 51.13g (18.59%), Sugar: 11.7g (13%), Cholesterol: 72.57mg (24.19%), Sodium: 885.46mg (38.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.1g (72.2%), Vitamin B3: 15.77mg (78.87%), Vitamin B6: 1.09mg (54.59%), Selenium: 37.26µg (53.23%), Manganese: 0.99mg (49.7%), Phosphorus: 447.8mg (44.78%), Magnesium: 118.15mg (29.54%), Vitamin B5: 2.42mg (24.22%), Vitamin B1: 0.36mg (23.86%), Potassium: 772.03mg (22.06%), Vitamin K: 18.15µg (17.28%), Vitamin E: 2.43mg (16.18%), Folate: 63.44µg (15.86%), Vitamin B2: 0.25mg (14.82%), Zinc: 2.12mg (14.16%), Copper: 0.27mg (13.52%), Iron: 2.43mg (13.5%), Vitamin C: 4.71mg (5.71%), Fiber: 1.42g (5.66%), Calcium: 47.29mg (4.73%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 144.23IU (2.88%)