



Chicken Lo Mein

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup asian sesame dressing toasted kraft
- 16 oz bell pepper and onion strips frozen thawed drained
- 1 Tbsp creamy peanut butter
- 0.5 cup chicken broth fat-free reduced-sodium
- 2 Tbsp cilantro leaves fresh chopped
- 2 cloves garlic minced
- 2 Tbsp planters cocktail peanuts chopped
- 1 lb chicken breasts boneless skinless cut into strips

- 0.3 cup lite soy sauce
- 0.5 lb pasta like spaghetti uncooked

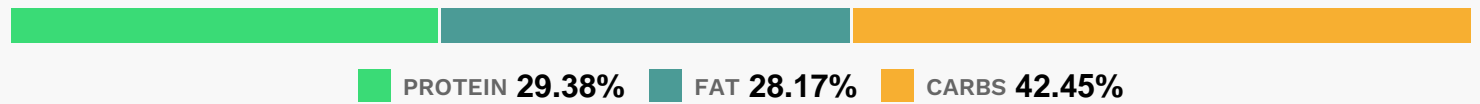
Equipment

- frying pan
- sauce pan

Directions

- Cook spaghetti in large saucepan as directed on package, omitting salt.
- Meanwhile, heat dressing in large nonstick skillet on medium-high heat.
- Add chicken and garlic; stir-fry 3 min. or until chicken is no longer pink.
- Add vegetables, broth and peanut butter; stir-fry 3 to 4 min. or until chicken is done.
- Drain spaghetti; return to pan.
- Add chicken mixture and soy sauce; mix lightly. Spoon onto platter; top with cilantro and nuts.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:3.01, Inflammation Score:-5, Nutrition Score:5.7913043521669%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 80.45kcal (4.02%), Fat: 2.53g (3.89%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 8.57g (2.86%), Net Carbohydrates: 7.74g (2.81%), Sugar: 1.33g (1.48%), Cholesterol: 11.61mg (3.87%), Sodium: 198.46mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.86%), Vitamin C: 23.53mg (28.52%), Selenium: 11.83µg (16.91%), Vitamin B3: 2.56mg (12.78%), Vitamin A: 576.6IU (11.53%), Vitamin B6: 0.22mg (10.78%), Manganese: 0.15mg (7.65%), Phosphorus: 70.06mg (7.01%), Potassium: 146.54mg (4.19%), Vitamin B5: 0.39mg (3.92%), Magnesium: 15.33mg (3.83%), Vitamin E: 0.52mg (3.44%), Folate: 13.67µg (3.42%), Fiber: 0.83g (3.31%), Vitamin B2: 0.05mg (2.71%), Vitamin B1: 0.04mg (2.54%), Copper: 0.05mg (2.44%), Vitamin K: 2.44µg (2.32%), Zinc: 0.33mg (2.19%), Iron: 0.39mg (2.15%)