



 **99%**
HEALTH SCORE

Chicken Lo Mein

 Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound chicken breast for stir-fry
- 4 cups coleslaw mix (from 1-pound bag)
- 1 teaspoon garlic finely chopped
- 0.3 cup spring onion chopped
- 2 ounces soup noodles uncooked
- 1 pound rye flakes frozen
- 2 tablespoons vegetable oil light

Equipment

dutch oven

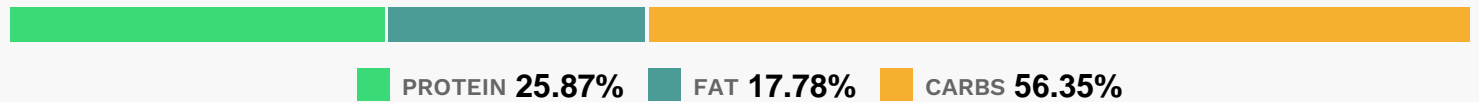
Directions

Cook and drain noodles as directed on package.

While noodles are cooking, heat oil in 4- to 6-quart Dutch oven over medium-high heat. Cook garlic and chicken in oil 4 to 5 minutes, stirring frequently, just until chicken is no longer pink in center.

Stir in onions, coleslaw mix and meal starter vegetables and sauce. Cover and cook 7 to 9 minutes, stirring frequently, until vegetables are hot. Stir in noodles. Cook 1 to 2 minutes, stirring constantly, until noodles are well mixed.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:5.47, Inflammation Score:-9, Nutrition Score:47.573478159697%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 630.67kcal (31.53%), Fat: 13.1g (20.16%), Saturated Fat: 2.09g (13.04%), Carbohydrates: 93.41g (31.14%), Net Carbohydrates: 65.34g (23.76%), Sugar: 3.95g (4.39%), Cholesterol: 72.57mg (24.19%), Sodium: 147.59mg (6.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.89g (85.79%), Manganese: 7.88mg (394.13%), Selenium: 103.45µg (147.78%), Fiber: 28.06g (112.26%), Phosphorus: 1004.03mg (100.4%), Vitamin B3: 18.52mg (92.59%), Vitamin K: 89.9µg (85.62%), Magnesium: 328.48mg (82.12%), Vitamin B6: 1.42mg (71.21%), Zinc: 7.38mg (49.17%), Iron: 8.33mg (46.27%), Copper: 0.89mg (44.39%), Potassium: 1424mg (40.69%), Vitamin B5: 3.54mg (35.37%), Vitamin C: 28.78mg (34.89%), Vitamin B1: 0.47mg (31.62%), Vitamin B2: 0.5mg (29.27%), Vitamin E: 2.53mg (16.84%), Folate: 59.55µg (14.89%), Calcium: 107.51mg (10.75%), Vitamin A: 198.24IU (3.96%), Vitamin B12: 0.23µg (3.78%)