



 **47%**
HEALTH SCORE

Chicken Lo Mein

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bean sprouts drained
- 1 cup bok choy chopped
- 0.5 cup carrots julienned
- 2 cups spaghetti cooked
- 1 clove garlic minced
- 2 teaspoons ginger minced
- 0.5 cup chicken broth low-sodium
- 1 tablespoon soy sauce low-sodium

- 0.5 cup mushrooms sliced
- 0.5 cup mushrooms sliced
- 2 teaspoons vegetable oil; peanut oil preferred
- 4 spring onion
- 5 ounces chicken breast boneless skinless cut into ½-inch strips

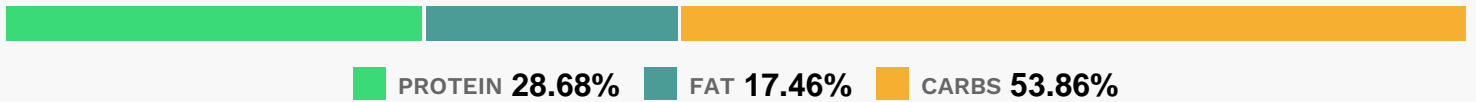
Equipment

- frying pan

Directions

- In a large nonstick skillet, heat oil; add ginger and garlic and cook over medium heat for 1 minute.
- Add chicken and carrot; cook over medium-high heat, stirring occasionally, until chicken is lightly browned, about 2 minutes.
- Add remaining ingredients except noodles; cook, stirring constantly, until carrot is tender-crisp, about 3 minutes. Stir in noodles and cook until heated through, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:118.17, Glycemic Load:21.65, Inflammation Score:-10, Nutrition Score:31.781739130435%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Taste

Sweetness: 37.43%, Saltiness: 100%, Sourness: 28.11%, Bitterness: 38.19%, Savoriness: 92.5%, Fattiness: 63.01%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 406.7kcal (20.34%), Fat: 7.99g (12.29%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 55.45g (18.48%), Net Carbohydrates: 49.52g (18.01%), Sugar: 6.54g (7.26%), Cholesterol: 45.36mg (15.12%), Sodium: 444.02mg (19.31%), Protein: 29.53g (59.06%), Vitamin A: 7181.32IU (143.63%), Selenium: 65.03µg (92.91%), Vitamin K: 87.19µg (83.03%), Vitamin B3: 11.62mg (58.07%), Vitamin B6: 0.86mg (43.12%), Manganese: 0.79mg (39.26%), Vitamin C: 31.44mg (38.11%), Phosphorus: 366.38mg (36.64%), Vitamin B2: 0.46mg (26.93%), Potassium: 904.01mg (25.83%), Folate: 100.84µg (25.21%), Copper: 0.48mg (24.09%), Fiber: 5.93g (23.73%), Vitamin B5: 2.26mg (22.58%), Iron: 3.77mg (20.94%), Magnesium: 81.5mg (20.38%), Vitamin B1: 0.21mg (14.06%), Zinc: 1.97mg (13.14%), Calcium: 93.93mg (9.39%), Vitamin E: 1.32mg (8.78%), Vitamin B12: 0.22µg (3.67%), Vitamin D: 0.17µg (1.11%)