



Chicken Noodle Bowl

 Dairy Free

READY IN



56 min.

SERVINGS



4

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons canola oil divided
- ☐ 3.3 cups chicken stock see unsalted
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 teaspoons sesame oil dark
- ☐ 2 tablespoons ginger fresh divided minced peeled
- ☐ 2 tablespoons garlic divided minced
- ☐ 6 green onions
- ☐ 0.5 teaspoon kosher salt

- ☐ 4 ounces pasta uncooked
- ☐ 1 tablespoon lower-sodium soy sauce
- ☐ 1.3 cups mushrooms sliced
- ☐ 1 cup onion chopped
- ☐ 2 chicken thighs boneless skinless
- ☐ 1 teaspoon sugar
- ☐ 4 ounces sugar snap peas
- ☐ 1.8 cups water

Equipment

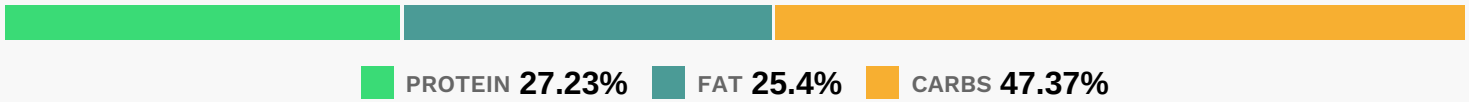
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ sieve

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain. Rinse under cold water; drain.
- ☐ Heat a large saucepan over medium heat.
- ☐ Add 1 teaspoon canola oil; swirl to coat.
- ☐ Add chicken; cook 4 minutes on each side or until done.
- ☐ Let stand 5 minutes. Shred.
- ☐ Return pan to medium-high heat.
- ☐ Add 1 teaspoon canola oil; swirl to coat.
- ☐ Add onion, 1 tablespoon ginger, 1 tablespoon garlic, and red pepper; cook 4 minutes.
- ☐ Add stock and 1 3/4 cups water; bring to a boil, scraping pan to loosen browned bits. Cover and simmer 15 minutes.

- ☐ Pour stock mixture through a sieve over a bowl; discard solids. Return stock mixture to pan; keep warm.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add sesame oil; swirl to coat.
- ☐ Add mushrooms; cook 6 minutes.
- ☐ Add 1 tablespoon ginger and 1 tablespoon garlic; cook 1 minute, stirring constantly.
- ☐ Add mushroom mixture, chicken, soy sauce, and sugar to stock mixture; bring to a simmer.
- ☐ Stir in sugar snap peas; cook 1 minute.
- ☐ Remove from heat; stir in green onions and salt. Divide pasta evenly among 4 bowls; ladle stock mixture over pasta.

Nutrition Facts



Properties

Glycemic Index:62.02, Glycemic Load:10.98, Inflammation Score:-7, Nutrition Score:19.967391466317%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 10.11mg, Quercetin: 10.11mg, Quercetin: 10.11mg, Quercetin: 10.11mg

Nutrients (% of daily need)

Calories: 333.48kcal (16.67%), Fat: 9.4g (14.47%), Saturated Fat: 1.78g (11.13%), Carbohydrates: 39.46g (13.15%), Net Carbohydrates: 36.14g (13.14%), Sugar: 8.81g (9.79%), Cholesterol: 59.53mg (19.84%), Sodium: 781.01mg (33.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.68g (45.36%), Selenium: 38.92µg (55.6%), Vitamin K: 48.47µg (46.16%), Vitamin B3: 8.23mg (41.13%), Vitamin C: 25.8mg (31.27%), Vitamin B6: 0.61mg (30.52%), Phosphorus: 285.3mg (28.53%), Vitamin B2: 0.47mg (27.52%), Manganese: 0.53mg (26.37%), Potassium: 713.74mg (20.39%), Copper: 0.41mg (20.36%), Vitamin B1: 0.25mg (16.7%), Vitamin B5: 1.57mg (15.69%), Magnesium: 59.42mg (14.85%), Folate: 55.54µg (13.88%), Iron: 2.49mg (13.82%), Zinc: 2.01mg (13.39%), Fiber: 3.32g (13.27%), Vitamin A: 545.25IU (10.91%), Calcium: 64.85mg (6.48%), Vitamin B12: 0.37µg (6.23%), Vitamin E: 0.87mg (5.78%)