



Chicken Noodle Bowl with Edamame and Straw Mushrooms

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup diagonally cut carrot
- 0.5 cup cilantro leaves loosely packed
- 2 cups blanched edamame green frozen shelled thawed (soybeans)
- 6 cups less-sodium chicken broth fat-free
- 1 inch ginger fresh peeled thinly sliced
- 0.3 cup green onions diagonally sliced
- 2 lemongrass stalks fresh peeled

- 1 tablespoon soya sauce low-sodium
- 5 ounces wide rice sticks uncooked (rice-flour noodles)
- 12 ounces chicken thighs boneless skinless cut into 1/4-inch strips
- 15 ounce straw mushrooms drained canned

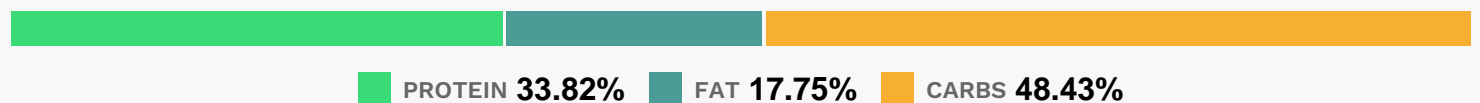
Equipment

- bowl
- sauce pan
- ladle
- knife
- slotted spoon

Directions

- Lightly crush lemongrass using the side of a knife; slice stalks into 2-inch pieces.
- Combine lemongrass pieces, broth, and ginger in a large saucepan; bring to a boil. Reduce heat to low, and simmer 45 minutes.
- Remove lemongrass pieces and ginger using a slotted spoon; discard.
- Cook noodles according to package directions; drain and set aside.
- Add chicken strips to broth; increase heat to medium, and cook 5 minutes.
- Add edamame, carrot, soy sauce, and mushrooms; cook 5 minutes or until chicken is done.
- Remove from heat; stir in cilantro and green onions.
- Divide the rice noodles evenly among each of 5 soup bowls. Ladle chicken mixture over noodles.
- Garnish with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:37.4, Glycemic Load:14.05, Inflammation Score:-8, Nutrition Score:17.598695682443%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 305.48kcal (15.27%), Fat: 6.07g (9.34%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 37.29g (12.43%), Net Carbohydrates: 31.89g (11.6%), Sugar: 2.65g (2.95%), Cholesterol: 64.64mg (21.55%), Sodium: 1625.87mg (70.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.04g (52.08%), Selenium: 38.68µg (55.26%), Vitamin A: 1616.46IU (32.33%), Vitamin B3: 6.17mg (30.85%), Manganese: 0.58mg (29.18%), Phosphorus: 255.71mg (25.57%), Iron: 4.33mg (24.08%), Fiber: 5.4g (21.6%), Vitamin B6: 0.43mg (21.32%), Vitamin K: 21.89µg (20.85%), Potassium: 700.13mg (20%), Vitamin B5: 1.83mg (18.33%), Vitamin B12: 0.98µg (16.34%), Vitamin B2: 0.27mg (16.16%), Copper: 0.29mg (14.42%), Zinc: 2.1mg (13.98%), Folate: 49.97µg (12.49%), Magnesium: 38.2mg (9.55%), Calcium: 93.43mg (9.34%), Vitamin B1: 0.12mg (8.3%), Vitamin C: 2.31mg (2.8%), Vitamin E: 0.3mg (2.02%)