



Chicken-Peanut Chow Mein

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup precut matchstick-cut carrot
- ☐ 12 ounce chow mein noodles
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 tablespoon sesame oil dark divided
- ☐ 2 tablespoons dry-roasted peanuts coarsely chopped
- ☐ 0.8 cup less-sodium chicken broth fat-free
- ☐ 1 cup green onions sliced (1-inch)
- ☐ 2 teaspoons bottled ground ginger fresh (such as Spice World)

- ☐ 3 tablespoons soya sauce low-sodium divided
- ☐ 1 cup pre mushrooms
- ☐ 2 tablespoons oyster sauce
- ☐ 0.5 pound chicken breast boneless skinless
- ☐ 1 cup snow peas trimmed
- ☐ 1 teaspoon sugar

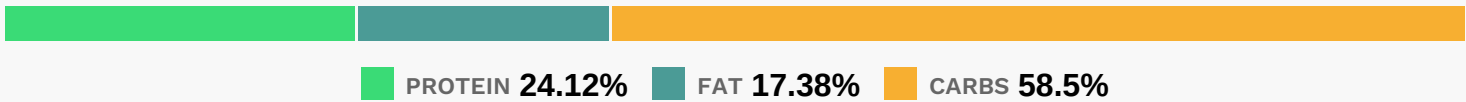
Equipment

- ☐ frying pan

Directions

- ☐ Cook carrots, snow peas, and noodles in boiling water 3 minutes; drain.
- ☐ Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Cut chicken crosswise into thin strips.
- ☐ Add chicken and 1 tablespoon soy sauce to pan; stir-fry 3 minutes.
- ☐ Remove chicken from pan; keep warm.
- ☐ Combine remaining 2 tablespoons soy sauce, broth, oyster sauce, sugar, and pepper, stirring well.
- ☐ Heat remaining 1 teaspoon oil over medium-high heat.
- ☐ Add mushrooms and ginger to pan; stir-fry for 3 minutes.
- ☐ Add broth mixture, and cook for 1 minute.
- ☐ Add noodle mixture and chicken to pan; cook 1 minute, tossing to combine.
- ☐ Sprinkle with onions and peanuts.

Nutrition Facts



Properties

Glycemic Index:45.23, Glycemic Load:2.27, Inflammation Score:-10, Nutrition Score:22.785217438055%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 485.64kcal (24.28%), Fat: 9.39g (14.45%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 71.12g (23.71%), Net Carbohydrates: 63.4g (23.05%), Sugar: 6.24g (6.94%), Cholesterol: 36.29mg (12.1%), Sodium: 1501.34mg (65.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.32g (58.64%), Vitamin A: 5915.86IU (118.32%), Vitamin K: 62.83µg (59.84%), Vitamin B3: 8.74mg (43.68%), Manganese: 0.68mg (33.93%), Selenium: 23.09µg (32.98%), Fiber: 7.72g (30.89%), Vitamin B6: 0.6mg (29.83%), Vitamin C: 22.49mg (27.26%), Iron: 4.61mg (25.6%), Phosphorus: 221.13mg (22.11%), Potassium: 620.83mg (17.74%), Vitamin B5: 1.62mg (16.23%), Vitamin B2: 0.27mg (15.74%), Folate: 52.24µg (13.06%), Magnesium: 51.41mg (12.85%), Copper: 0.21mg (10.63%), Vitamin B1: 0.15mg (10.18%), Zinc: 0.95mg (6.32%), Calcium: 57.4mg (5.74%), Vitamin E: 0.7mg (4.67%), Vitamin B12: 0.25µg (4.08%)