



Chicken Sesame Noodles

 Dairy Free

READY IN



23 min.

SERVINGS



6

CALORIES



414 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

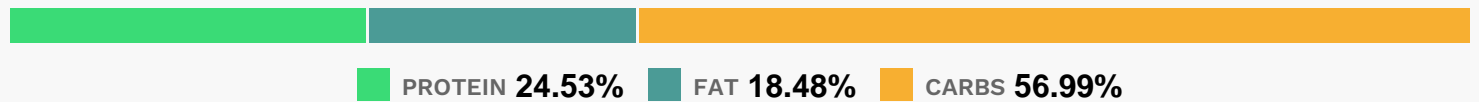
- 12 oz grilled chicken strips fully cooked
- 3 green onions sliced
- 1 tablespoon juice of lime fresh
- 0.5 cup thai peanut sauce
- 0.5 cup bell pepper diced red
- 1 tablespoon sesame seed toasted
- 14.5 oz multigrain spaghetti

Equipment

Directions

- Prepare spaghetti according to package directions. Toss with peanut sauce, green onions, red bell pepper, cilantro, if desired, and lime juice. Stir in chicken.
- Sprinkle with toasted sesame seeds.
- Note: We tested with House of Tsang Thai Peanut Sauce and Oscar Mayer Grilled Chicken Breast Strips.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:20.87, Inflammation Score:-6, Nutrition Score:15.132173963215%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 414.47kcal (20.72%), Fat: 8.29g (12.75%), Saturated Fat: 1.32g (8.24%), Carbohydrates: 57.51g (19.17%), Net Carbohydrates: 54.73g (19.9%), Sugar: 6.01g (6.68%), Cholesterol: 42.52mg (14.17%), Sodium: 326.63mg (14.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.75g (49.51%), Selenium: 57.76µg (82.51%), Manganese: 0.69mg (34.73%), Vitamin B3: 5.85mg (29.25%), Phosphorus: 252.53mg (25.25%), Vitamin C: 17.77mg (21.54%), Vitamin B6: 0.38mg (19.05%), Copper: 0.29mg (14.63%), Magnesium: 55.79mg (13.95%), Zinc: 1.99mg (13.25%), Vitamin K: 13.11µg (12.49%), Fiber: 2.78g (11.11%), Iron: 1.92mg (10.64%), Potassium: 334.55mg (9.56%), Vitamin A: 473.2IU (9.46%), Vitamin B5: 0.89mg (8.94%), Vitamin B2: 0.14mg (8.44%), Vitamin B1: 0.12mg (7.87%), Folate: 26.26µg (6.57%), Calcium: 39.73mg (3.97%), Vitamin B12: 0.16µg (2.74%), Vitamin E: 0.31mg (2.09%)