



Chilled Udon with Sweet-and-Spicy Chicken and Spinach

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



695 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups baby spinach
- ☐ 1 teaspoon chili paste depending on your taste pref with garlic
- ☐ 2 tablespoons ginger fresh finely grated
- ☐ 0.3 cup rice wine sweet (Japanese rice wine)
- ☐ 2 teaspoons sesame oil
- ☐ 4 servings sesame seed toasted
- ☐ 1.5 lb chicken breast halves boneless skinless

- ☐ 0.3 cup soya sauce
- ☐ 16 oz udon noodles fresh

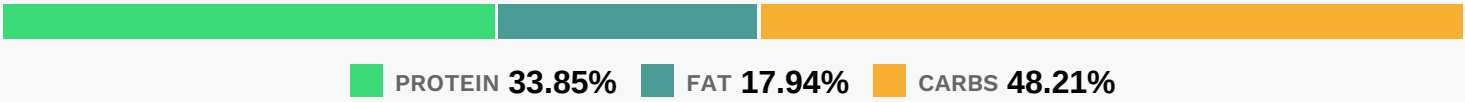
Equipment

- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ grill
- ☐ colander
- ☐ grill pan
- ☐ cheesecloth

Directions

- ☐ Press or squeeze ginger using a fine sieve or cheesecloth until enough juice is extracted to measure 1 tablespoon.
- ☐ Heat a well-seasoned large ridged grill pan over high heat until hot. Pat chicken dry and season with salt and pepper.
- ☐ Mix together soy sauce, mirin, ginger juice, chile paste, and sesame oil. Set aside 1/2 cup of soy mixture and toss remainder with chicken.
- ☐ Grill chicken until just cooked through, 4 to 5 minutes on each side. When cool enough to handle, tear into bite-size pieces.
- ☐ If using dried noodles, cook in a large pot of boiling water until al dente, about 12 minutes. Stir in spinach during last minute of cooking. (If using fresh udon, add noodles and spinach simultaneously to boiling water and cook 10 to 20 seconds total.)
- ☐ Drain noodles and spinach and transfer to a bowl of ice and cold water. When cold, drain well in a colander.
- ☐ Toss noodles and spinach with reserved soy mixture in a large bowl.
- ☐ Serve noodles and spinach topped with chicken.
- ☐ Chicken can be grilled on an outdoor grill — lightly oil rack and set 5 to 6 inches over glowing coals.

Nutrition Facts



Properties

Glycemic Index:38.58, Glycemic Load:40.93, Inflammation Score:-10, Nutrition Score:34.758261260779%

Flavonoids

Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 694.8kcal (34.74%), Fat: 13.67g (21.02%), Saturated Fat: 1.84g (11.52%), Carbohydrates: 82.63g (27.54%), Net Carbohydrates: 74.23g (26.99%), Sugar: 11.03g (12.26%), Cholesterol: 108.86mg (36.29%), Sodium: 2675.48mg (116.33%), Alcohol: 2.41g (100%), Alcohol %: 0.81% (100%), Protein: 58.03g (116.06%), Vitamin K: 217.98µg (207.6%), Vitamin B3: 19.24mg (96.19%), Vitamin A: 4273.89IU (85.48%), Selenium: 58.04µg (82.91%), Vitamin B6: 1.47mg (73.56%), Phosphorus: 457.45mg (45.74%), Manganese: 0.73mg (36.52%), Fiber: 8.4g (33.61%), Magnesium: 118.14mg (29.54%), Potassium: 981.79mg (28.05%), Folate: 105.85µg (26.46%), Vitamin B5: 2.54mg (25.37%), Copper: 0.47mg (23.4%), Iron: 3.52mg (19.55%), Vitamin C: 15.06mg (18.26%), Vitamin B2: 0.31mg (18.02%), Vitamin B1: 0.22mg (14.71%), Calcium: 136.48mg (13.65%), Zinc: 1.95mg (12.97%), Vitamin E: 1.3mg (8.65%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)