



Chinese Chicken Noodle Salad

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



407 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 oz pasta like spaghetti
- 2 cups snow peas fresh sliced
- 4 cups chicken shredded cooked
- 1 cup bell pepper red cut into bite-size strips
- 0.5 cup spring onion sliced
- 0.8 cup teriyaki sauce
- 2 tablespoons sesame oil dark
- 1 tablespoon sesame seed toasted

- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 0.5 teaspoon chili oil

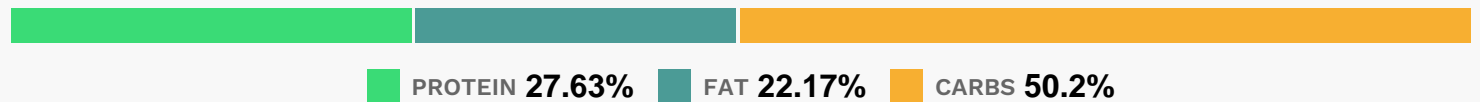
Equipment

- bowl
- dutch oven

Directions

- In 5-quart Dutch oven, cook spaghetti as directed on package, adding pea pods during last minute of cooking time; drain. Rinse with cold water to cool; drain well.
- In large bowl, stir together spaghetti with pea pods, chicken, bell pepper and green onions.
- In small bowl, mix teriyaki sauce, sesame oil, sesame seed, salt, black pepper and chili oil.
- Pour over spaghetti mixture; toss until coated.
- Serve at room temperature or refrigerate until chilled.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:17.4, Inflammation Score:-8, Nutrition Score:18.921304225922%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 407.45kcal (20.37%), Fat: 9.87g (15.18%), Saturated Fat: 2.05g (12.8%), Carbohydrates: 50.26g (16.75%), Net Carbohydrates: 47.09g (17.12%), Sugar: 7.23g (8.04%), Cholesterol: 52.5mg (17.5%), Sodium: 1165.53mg (50.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.67g (55.34%), Selenium: 53.93µg (77.04%), Vitamin C: 39.72mg (48.14%), Vitamin B3: 7.23mg (36.16%), Manganese: 0.66mg (32.76%), Phosphorus: 309.67mg (30.97%), Vitamin B6: 0.5mg (24.99%), Vitamin K: 20.76µg (19.77%), Vitamin A: 940.91IU (18.82%), Magnesium: 74.2mg (18.55%), Iron: 2.88mg (15.99%), Copper: 0.3mg (15.01%), Zinc: 2.11mg (14.04%), Potassium: 458.57mg

(13.1%), Fiber: 3.17g (12.66%), Vitamin B5: 1.23mg (12.28%), Vitamin B2: 0.2mg (11.7%), Vitamin B1: 0.16mg (10.72%), Folate: 39.7µg (9.93%), Calcium: 53.47mg (5.35%), Vitamin E: 0.57mg (3.83%), Vitamin B12: 0.2µg (3.38%)