



Chinese Chicken Noodle Soup with Sesame and Green Onions

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons chili-garlic sauce
- ☐ 2 tablespoons cooking sherry dry
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 3 garlic cloves minced
- ☐ 6 green onions thinly sliced
- ☐ 8 cups low-salt chicken broth canned

- ☐ 4 cups napa cabbage chopped (from 1 head)
- ☐ 14 ounce pan-fry noodles fresh chinese
- ☐ 2 tablespoons oriental sesame oil
- ☐ 1 tablespoon seasoned rice vinegar
- ☐ 1 pound chicken breast halves boneless skinless thin
- ☐ 3 tablespoons soya sauce
- ☐ 1 tablespoon sugar
- ☐ 3 tablespoons tahini (sesame seed paste)

Equipment

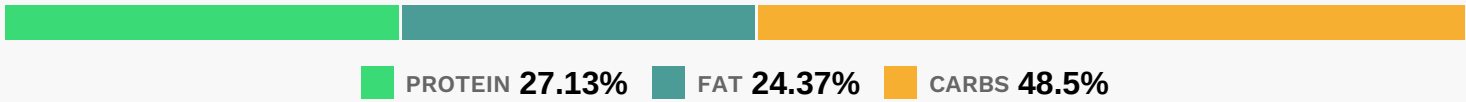
- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Stir chicken, soy sauce, Sherry, and 1 tablespoon sesame oil in medium bowl to blend.
- ☐ Let stand 20 minutes or refrigerate up to 2 hours.
- ☐ Whisk garlic, tahini, ginger, sugar, vinegar, and chili sauce in small bowl.
- ☐ Heat remaining 1 tablespoon sesame oil in heavy large pot over medium-high heat.
- ☐ Add cabbage and green onions and sauté until cabbage is tender, about 5 minutes.
- ☐ Add broth and bring to boil.
- ☐ Add chicken with marinade and tahini-garlic mixture. Reduce heat to low and simmer until chicken is cooked through, about 5 minutes. (Can be made 1 day ahead. Cool slightly; cover and refrigerate. Bring to simmer before continuing.)
- ☐ Cook noodles in large pot of boiling salted water until tender, about 5 minutes.
- ☐ Drain.
- ☐ Add to soup in pot. Stir in half of cilantro. Season soup with salt and pepper.
- ☐ Sprinkle with remaining cilantro.
- ☐ * Sold at Middle Eastern markets, natural foods stores and some supermarkets.

** Available at Asian markets, specialty foods stores and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:55.52, Glycemic Load:22.05, Inflammation Score:-7, Nutrition Score:25.584347797477%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 503.08kcal (25.15%), Fat: 13.66g (21.01%), Saturated Fat: 2.43g (15.17%), Carbohydrates: 61.17g (20.39%), Net Carbohydrates: 57.55g (20.93%), Sugar: 5.65g (6.28%), Cholesterol: 48.38mg (16.13%), Sodium: 760.82mg (33.08%), Alcohol: 0.51g (100%), Alcohol %: 0.12% (100%), Protein: 34.22g (68.43%), Selenium: 69.3µg (99%), Vitamin B3: 14.41mg (72.06%), Vitamin K: 51.61µg (49.15%), Phosphorus: 473mg (47.3%), Vitamin B6: 0.87mg (43.63%), Manganese: 0.82mg (41.09%), Copper: 0.55mg (27.32%), Potassium: 931.34mg (26.61%), Vitamin C: 18.1mg (21.94%), Magnesium: 79.82mg (19.96%), Folate: 72.79µg (18.2%), Vitamin B1: 0.26mg (17.6%), Vitamin B2: 0.27mg (16.06%), Iron: 2.76mg (15.33%), Zinc: 2.27mg (15.15%), Vitamin B5: 1.48mg (14.82%), Fiber: 3.63g (14.51%), Calcium: 94.9mg (9.49%), Vitamin A: 398.57IU (7.97%), Vitamin B12: 0.47µg (7.76%), Vitamin E: 0.45mg (2.99%)