



# Chinese Egg Noodles with Smoked Duck and Snow Peas

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



495 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 tablespoon pepper flakes with seeds (preferably red) thinly sliced
- 1 pound duck smoked cut into 3x1/4-inch strips
- 425 gram egg noodles fresh chinese thin
- 0.5 cup cilantro leaves fresh
- 2 tablespoons spring onion thinly sliced
- 1 tablespoon hoisin sauce
- 1 tablespoon jalapeno with seeds (preferably red) thinly sliced

- 2 tablespoons olive oil
- 1 bell pepper red cut into matchstick-size strips
- 2 tablespoons soya sauce
- 1.5 cups sugar snap peas thinly sliced lengthwise
- 1 tablespoon rice vinegar

## Equipment

- bowl
- sauce pan
- whisk

## Directions

- Whisk soy sauce, olive oil, hoisin sauce, and rice vinegar in large bowl to blend.
- Let dressing stand at room temperature while preparing noodles.
- Place sliced snow peas and bell pepper strips in medium bowl. Bring kettle or large saucepan of water to boil.
- Pour boiling water over snow pea mixture and let soak 10 seconds.
- Drain well. Rinse mixture with cold water and drain again.
- Place egg noodles in large bowl. Bring kettle or large saucepan of water to boil, then pour boiling water over noodles; stir noodles to separate.
- Let noodles soak 10 seconds.
- Drain well. Rinse noodles with cold water; drain again.
- Add snow pea mixture, egg noodles, smoked duck, cilantro leaves, green onion, and jalapeño to bowl with dressing. Toss well to coat. Divide noodle mixture among plates and serve.
- \* Hoisin sauce is available in the Asian foods section of many supermarkets and at Asian markets.
- \*\* Fresh Chinese egg noodles are available in the refrigerated section of Asian markets.

## Nutrition Facts



■ PROTEIN 11.36% ■ FAT 66.02% ■ CARBS 22.62%

## Properties

Glycemic Index:39.67, Glycemic Load:0.44, Inflammation Score:-7, Nutrition Score:13.326521686886%

## Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

## Nutrients (% of daily need)

Calories: 495.15kcal (24.76%), Fat: 36.06g (55.48%), Saturated Fat: 11.39g (71.17%), Carbohydrates: 27.8g (9.27%), Net Carbohydrates: 25.01g (9.1%), Sugar: 3.65g (4.05%), Cholesterol: 57.53mg (19.18%), Sodium: 549.56mg (23.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.96g (27.93%), Vitamin C: 49.51mg (60.01%), Vitamin A: 1175.13IU (23.5%), Iron: 4.11mg (22.82%), Vitamin K: 23.16µg (22.06%), Vitamin B3: 3.67mg (18.36%), Vitamin B6: 0.28mg (14.03%), Selenium: 9.72µg (13.89%), Vitamin B1: 0.2mg (13.66%), Phosphorus: 135.25mg (13.52%), Vitamin B2: 0.22mg (12.81%), Vitamin E: 1.77mg (11.79%), Fiber: 2.79g (11.16%), Copper: 0.22mg (11.09%), Vitamin B5: 1.01mg (10.12%), Folate: 34.29µg (8.57%), Potassium: 291.56mg (8.33%), Zinc: 1.2mg (8.02%), Manganese: 0.15mg (7.45%), Magnesium: 24.36mg (6.09%), Vitamin D: 0.53µg (3.53%), Vitamin B12: 0.19µg (3.15%), Calcium: 25.48mg (2.55%)