



Chinese Egg Noodles with Smoked Duck and Snow Peas

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



494 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound duck smoked cut into 3x1/4-inch strips
- ☐ 425 gram extra wide egg noodles fresh chinese thin
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 2 tablespoons green onion thinly sliced
- ☐ 1 tablespoon hoisin sauce
- ☐ 1 tablespoon jalapeño chile 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 unseasoned rice vinegar

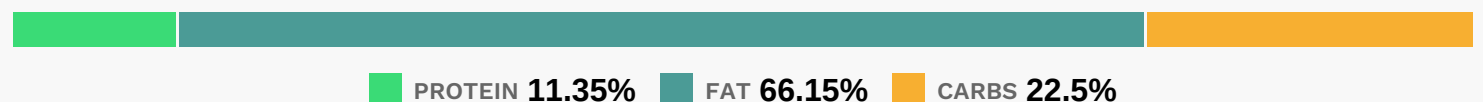
Equipment

- ☐ 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



Properties

Glycemic Index:32.17, Glycemic Load:0.36, Inflammation Score:-7, Nutrition Score:12.989130621371%

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: 494.15kcal (24.71%), Fat: 36.05g (55.46%), Saturated Fat: 11.39g (71.17%), Carbohydrates: 27.58g (9.19%), Net Carbohydrates: 24.83g (9.03%), Sugar: 3.51g (3.9%), Cholesterol: 57.53mg (19.18%), Sodium: 549.33mg (23.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.92g (27.83%), Vitamin C: 45.92mg (55.65%), Vitamin A: 1151.33IU (23.03%), Iron: 4.08mg (22.68%), Vitamin K: 22.81µg (21.73%), Vitamin B3: 3.64mg (18.2%), Selenium: 9.71µg (13.87%), Vitamin B1: 0.2mg (13.54%), Phosphorus: 134.17mg (13.42%), Vitamin B6: 0.27mg (13.39%), Vitamin B2: 0.22mg (12.68%), Vitamin E: 1.75mg (11.68%), Fiber: 2.75g (11.01%), Copper: 0.22mg (10.93%), Vitamin B5: 1.01mg (10.07%), Folate: 33.72µg (8.43%), Potassium: 283.51mg (8.1%), Zinc: 1.2mg (7.98%), Manganese: 0.14mg (7.22%), Magnesium: 23.79mg (5.95%), Vitamin D: 0.53µg (3.53%), Vitamin B12: 0.19µg (3.15%), Calcium: 25.13mg (2.51%)