



Chinese Roast Duck Noodle Soup

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bok choy roughly chopped
- ☐ 2 roasted duck breasts with bones and skin sliced chopped (from takeout)
- ☐ 2 garlic cloves smashed
- ☐ 2 quarter-size coins ginger fresh smashed
- ☐ 1 qt chicken broth reduced-sodium
- ☐ 2 teaspoons asian sesame oil toasted ()
- ☐ 1 tablespoon soya sauce
- ☐ 8 ounces wheat udon noodles fresh thick

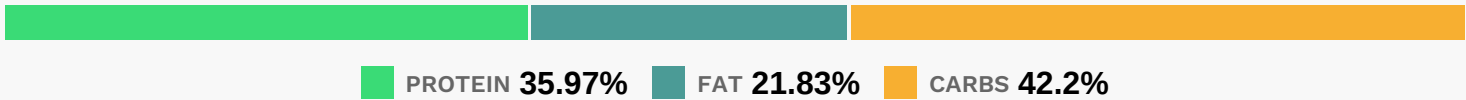
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 35
- ☐ In a medium saucepan, simmer broth, ginger, and garlic, covered, 15 minutes to develop flavor.
- ☐ Meanwhile, set duck on a baking sheet and bake until warm. Using a slotted spoon, remove ginger and garlic from broth and discard.
- ☐ Add noodles and soy sauce and let simmer until warmed through, about 5 minutes.
- ☐ Add bok choy and let cook just until wilted, about 2 minutes. Ladle soup into 4 bowls and drizzle each with 1/2 tsp. sesame oil. Set a few pieces of duck on top of each bowl of soup.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:20.34, Inflammation Score:-8, Nutrition Score:22.196956498467%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 402.42kcal (20.12%), Fat: 9.92g (15.26%), Saturated Fat: 2.19g (13.72%), Carbohydrates: 43.13g (14.38%), Net Carbohydrates: 39.52g (14.37%), Sugar: 6.03g (6.7%), Cholesterol: 87.01mg (29%), Sodium: 1090.6mg

(47.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.77g (73.54%), Vitamin B12: 14.93µg (248.78%), Vitamin B6: 0.8mg (40.14%), Vitamin B3: 7.47mg (37.36%), Iron: 6.02mg (33.42%), Selenium: 23.05µg (32.93%), Vitamin A: 1623.83IU (32.48%), Vitamin B1: 0.47mg (31.5%), Phosphorus: 303.44mg (30.34%), Vitamin C: 23.4mg (28.36%), Vitamin B2: 0.44mg (26.13%), Copper: 0.49mg (24.27%), Potassium: 624.59mg (17.85%), Vitamin K: 16.23µg (15.45%), Fiber: 3.61g (14.42%), Vitamin B5: 0.97mg (9.68%), Magnesium: 37.56mg (9.39%), Folate: 31.12µg (7.78%), Zinc: 1.14mg (7.62%), Manganese: 0.11mg (5.56%), Calcium: 53.78mg (5.38%)