



 **14%**
HEALTH SCORE

Chinese Style Chicken and Noodle Stir Fry

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 454 gram chow mein noodles
- 0.3 cup chicken broth
- 1 teaspoon sugar
- 4 tablespoons oyster sauce
- 1.5 tablespoons soya sauce
- 0.5 cup water
- 2 tablespoons vegetable oil
- 2 tablespoons garlic minced

- 2 tablespoons ginger minced
- 5 chicken thighs boneless skinless cut into bite sized pieces
- 1 onion chopped
- 1 bell pepper red sliced into thin strips
- 2 large carrots cut into matchsticks
- 1 cup sugar snap peas sliced lengthwise

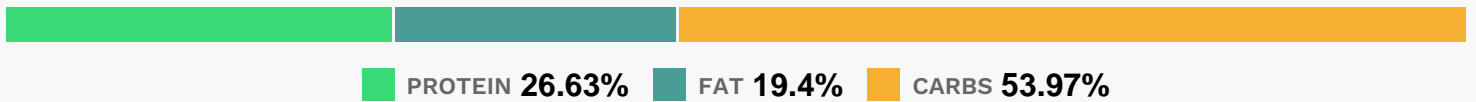
Equipment

- bowl
- wok

Directions

- Soak noodles in hot water until softened, about 5 minutes.
- Drain and set aside.
- In a small bowl, combine chicken broth, sugar, oyster sauce, soy sauce and water. Set aside.
- Heat oil in a wok over medium high heat. When hot, add garlic and ginger. Cook until fragrant , about 30 seconds, then add chicken and cook until done.
- Add vegetables and cook until tender crisp, about 4 -5 minutes, then add chicken broth mixture.
- Stir in drained noodles and cook until heated through, about 2 minutes. Enjoy!

Nutrition Facts



Properties

Glycemic Index:39.32, Glycemic Load:2.19, Inflammation Score:-10, Nutrition Score:19.279565217391%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin:

3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Taste

Sweetness: 40.11%, Saltiness: 100%, Sourness: 26.47%, Bitterness: 38.59%, Savoriness: 86.41%, Fattiness: 64.04%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 469.37kcal (23.47%), Fat: 10.01g (15.41%), Saturated Fat: 1.71g (10.68%), Carbohydrates: 62.7g (20.9%), Net Carbohydrates: 56.64g (20.6%), Sugar: 5.61g (6.23%), Cholesterol: 89.65mg (29.88%), Sodium: 1192.51mg (51.85%), Protein: 30.94g (61.87%), Vitamin A: 4831.37IU (96.63%), Vitamin C: 38.92mg (47.18%), Selenium: 22.53µg (32.19%), Vitamin B3: 6.22mg (31.1%), Vitamin B6: 0.61mg (30.29%), Fiber: 6.06g (24.22%), Phosphorus: 217.38mg (21.74%), Iron: 3.91mg (21.74%), Vitamin K: 19.41µg (18.49%), Vitamin B2: 0.25mg (14.52%), Vitamin B5: 1.44mg (14.44%), Potassium: 446.96mg (12.77%), Zinc: 1.69mg (11.28%), Manganese: 0.22mg (10.92%), Vitamin B12: 0.65µg (10.9%), Vitamin B1: 0.16mg (10.4%), Magnesium: 36.92mg (9.23%), Folate: 30.74µg (7.68%), Vitamin E: 1.09mg (7.28%), Copper: 0.13mg (6.43%), Calcium: 39.95mg (4%)