



Cilantro Chicken and Spicy Thai Noodles

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



405 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons canola oil
- 3 tablespoons canola oil
- 1 carrots shredded
- 1 cup chicken stock see
- 0.3 cup cilantro leaves
- 2 cloves garlic minced
- 2 tablespoons garlic minced
- 1 tablespoon ginger grated chunk peeled

- 1 lime zest juiced
- 2 lime zest juiced
- 0.3 teaspoon pepper flakes red
- 0.3 cup roasted peanuts crushed
- 4 servings salt and pepper black freshly ground
- 3 scallions white green chopped for garnish
- 1 tablespoon seasoned rice vinegar
- 2 tablespoons seasoned rice vinegar
- 1 pound chicken thighs boneless skinless
- 1 tablespoon thai curry paste green

Equipment

- bowl
- frying pan
- grill pan

Directions

- Combine all the ingredients in a nonreactive bowl and let stand at room temperature for 20 minutes. Prepare a grill pan to medium-high heat and place the chicken thighs on the pan, cooking for 4 minutes per side.
- For the noodles: In a medium saute pan over medium heat, add the canola oil.
- Add the ginger, lime zest and juice, garlic, red pepper flakes and chicken stock. Stir all to combine and sprinkle with salt and pepper.
- Add the curry paste, seasoned rice vinegar and scallions. Reduce the heat to low and simmer for 2 minutes.
- Place the noodles in a large serving bowl along with the carrots and crushed peanuts and toss well to combine.
- Add the cilantro chicken and serve.

Nutrition Facts



■ PROTEIN 26.15% ■ FAT 60.57% ■ CARBS 13.28%

Properties

Glycemic Index:95.46, Glycemic Load:2.43, Inflammation Score:-9, Nutrition Score:20.78086960834%

Flavonoids

Hesperetin: 21.61mg, Hesperetin: 21.61mg, Hesperetin: 21.61mg, Hesperetin: 21.61mg Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 405.19kcal (20.26%), Fat: 27.85g (42.85%), Saturated Fat: 3.49g (21.79%), Carbohydrates: 13.74g (4.58%), Net Carbohydrates: 10.47g (3.81%), Sugar: 3.1g (3.45%), Cholesterol: 109.53mg (36.51%), Sodium: 243.2mg (10.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.05g (54.11%), Vitamin A: 3387.75IU (67.75%), Vitamin B3: 9.02mg (45.1%), Selenium: 28.8µg (41.14%), Vitamin K: 40.32µg (38.4%), Vitamin B6: 0.69mg (34.41%), Phosphorus: 291.78mg (29.18%), Vitamin E: 3.63mg (24.19%), Vitamin C: 19.72mg (23.91%), Manganese: 0.4mg (19.75%), Vitamin B2: 0.3mg (17.36%), Vitamin B5: 1.69mg (16.9%), Potassium: 575.06mg (16.43%), Zinc: 2.2mg (14.66%), Magnesium: 53.32mg (13.33%), Fiber: 3.27g (13.06%), Vitamin B1: 0.19mg (12.97%), Vitamin B12: 0.73µg (12.1%), Copper: 0.23mg (11.46%), Iron: 1.98mg (10.97%), Folate: 32.74µg (8.19%), Calcium: 66.96mg (6.7%)