



Cold Sesame Noodles with Chicken and Cucumbers

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



285 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups rotisserie chicken breast shredded boneless skinless
- ☐ 2 teaspoons chile paste with garlic
- ☐ 2 medium cucumbers halved lengthwise sliced
- ☐ 2 tablespoons sesame oil dark
- ☐ 3 tablespoons dry-roasted peanuts chopped
- ☐ 6 tablespoons green onions chopped
- ☐ 0.5 teaspoon bottled ground ginger fresh

- ☐ 1 tablespoon honey
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 0.3 cup rice vinegar
- ☐ 8 ounces udon noodles dried uncooked

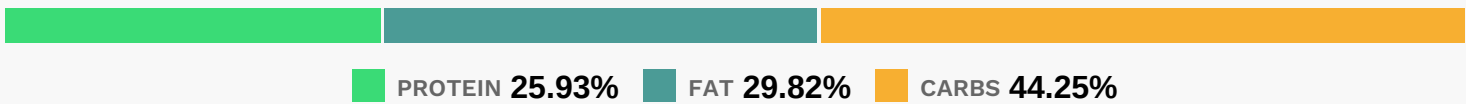
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ Drain and rinse under cold water; drain.
- ☐ Combine rice vinegar and the next 5 ingredients (through ginger) in a large bowl, and stir with a whisk.
- ☐ Add noodles, chicken, and cucumbers to bowl; toss gently to coat. Top with green onions and peanuts.
- ☐ Wine note: Floral, zippy white wines from Argentina, like the 2007 Alamos Torrontes (\$10), pair incredibly well with Asian-inspired dishes. –Gary Vaynerchuck

Nutrition Facts



Properties

Glycemic Index:34.43, Glycemic Load:15.14, Inflammation Score:-3, Nutrition Score:8.9926086547582%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 285.46kcal (14.27%), Fat: 9.58g (14.74%), Saturated Fat: 1.34g (8.38%), Carbohydrates: 31.98g (10.66%), Net Carbohydrates: 28.76g (10.46%), Sugar: 7.56g (8.4%), Cholesterol: 32mg (10.67%), Sodium: 728.27mg (31.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.74g (37.48%), Vitamin B3: 6.13mg (30.63%), Selenium: 16.7µg

(23.85%), Vitamin B6: 0.44mg (21.91%), Vitamin K: 18µg (17.14%), Phosphorus: 151.21mg (15.12%), Manganese: 0.27mg (13.53%), Fiber: 3.23g (12.9%), Potassium: 360.65mg (10.3%), Vitamin B5: 0.97mg (9.68%), Magnesium: 35.05mg (8.76%), Folate: 24.13µg (6.03%), Vitamin B2: 0.09mg (5.38%), Copper: 0.11mg (5.33%), Vitamin B1: 0.08mg (5.04%), Vitamin C: 4.16mg (5.04%), Zinc: 0.59mg (3.91%), Iron: 0.67mg (3.73%), Vitamin A: 126.43IU (2.53%), Calcium: 24.17mg (2.42%), Vitamin B12: 0.1µg (1.67%), Vitamin E: 0.24mg (1.6%)