



WHATSheATE



Crispy Chicken Chow Mein



Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



1264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups bell pepper frozen
- ☐ 1 cup carrots thinly sliced
- ☐ 0.3 cup cashew pieces
- ☐ 1 cup celery thinly sliced
- ☐ 10 chicken breast frozen
- ☐ 3.5 cups chow mein noodles
- ☐ 0.8 cup sauce
- ☐ 1 tablespoon cooking oil

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2 cups sugar snap peas frozen

Equipment

☐

frying pan

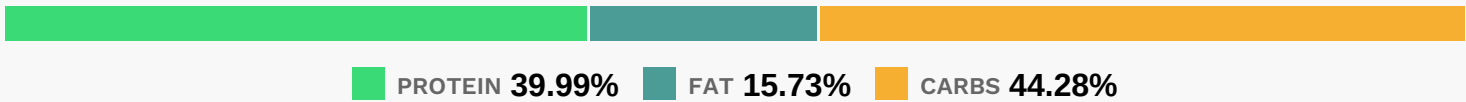
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oven

Directions

- ☐
- Bake chicken breast bites as directed on package.
- ☐
- Meanwhile, heat oil in 12-inch skillet over medium-high heat until hot.
- ☐
- Add celery and carrots; cook 3 to 5 minutes or until crisp-tender, stirring frequently.
- ☐
- Add sugar snap peas and bell pepper and onion stir-fry; cook 3 to 5 minutes or until vegetables are tender, stirring frequently.
- ☐
- Add chicken breast bites to skillet. Stir in stir-fry sauce. Cook 3 to 5 minutes or until thoroughly heated, stirring frequently.
- ☐
- Serve over chow mein noodles.
- ☐
- Sprinkle with cashew halves.

Nutrition Facts



Properties

Glycemic Index:27.21, Glycemic Load:2.05, Inflammation Score:-10, Nutrition Score:46.683912868085%

Flavonoids

Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 1263.76kcal (63.19%), Fat: 21.59g (33.21%), Saturated Fat: 3.5g (21.85%), Carbohydrates: 136.68g (45.56%), Net Carbohydrates: 124.52g (45.28%), Sugar: 16.6g (18.44%), Cholesterol: 289.28mg (96.43%), Sodium: 2023.46mg (87.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 123.43g (246.86%), Vitamin B3: 48.22mg (241.12%), Selenium: 146.78µg (209.68%), Vitamin B6: 3.66mg (183.22%), Vitamin A: 6328.7IU (126.57%), Vitamin C: 88.34mg

(107.08%), Phosphorus: 1046.4mg (104.64%), Vitamin B5: 7.07mg (70.71%), Potassium: 2036.32mg (58.18%), Fiber: 12.16g (48.63%), Iron: 8.69mg (48.27%), Magnesium: 162.7mg (40.67%), Vitamin B2: 0.55mg (32.51%), Vitamin B1: 0.43mg (28.65%), Vitamin K: 27.12µg (25.83%), Zinc: 3.42mg (22.83%), Manganese: 0.41mg (20.66%), Copper: 0.37mg (18.4%), Folate: 69.39µg (17.35%), Vitamin E: 2.51mg (16.73%), Vitamin B12: 0.9µg (15.07%), Calcium: 62.29mg (6.23%), Vitamin D: 0.45µg (3.01%)