



Drunken Noodles

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup basil fresh thinly sliced
- 0.3 pound green beans fresh trimmed cut into 1-inch pieces
- 2 garlic cloves chopped
- 1 pound ground chicken
- 0.3 cup oyster sauce
- 8 ounces wide rice noodles uncooked
- 3 tablespoons rice vinegar
- 1 tablespoon sesame oil

- 1.5 tablespoons sugar
- 2 thai chiles red minced
- 1 large tomatoes cut into wedges

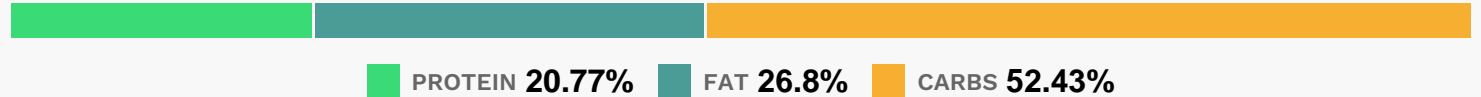
Equipment

- frying pan

Directions

- Cook noodles and green beans in boiling water 4 minutes or until tender but still firm; drain.
- While noodles and beans cook, heat oil in a large nonstick skillet over medium-high heat.
- Add garlic and chiles; saut 30 seconds.
- Add chicken, and cook 5 minutes or until chicken is done, stirring to crumble.
- Add cooked noodles and beans, oyster sauce, and remaining ingredients, stirring gently to combine.

Nutrition Facts



Properties

Glycemic Index:60.35, Glycemic Load:20.78, Inflammation Score:-4, Nutrition Score:10.554347877917%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 299.32kcal (14.97%), Fat: 8.83g (13.58%), Saturated Fat: 2.15g (13.46%), Carbohydrates: 38.84g (12.95%), Net Carbohydrates: 37.27g (13.55%), Sugar: 4.48g (4.97%), Cholesterol: 65.01mg (21.67%), Sodium: 469.14mg (20.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.39g (30.77%), Vitamin B3: 4.83mg (24.16%), Vitamin B6: 0.46mg (23.12%), Phosphorus: 212.57mg (21.26%), Selenium: 14.31µg (20.44%), Manganese: 0.32mg (15.88%), Potassium: 535.27mg (15.29%), Vitamin K: 15.76µg (15.01%), Vitamin B2: 0.23mg (13.73%), Vitamin C: 9.39mg

(11.38%), Zinc: 1.52mg (10.16%), Vitamin B5: 0.93mg (9.25%), Vitamin A: 447.71IU (8.95%), Vitamin B1: 0.13mg (8.36%), Vitamin B12: 0.48µg (7.94%), Magnesium: 30.21mg (7.55%), Iron: 1.25mg (6.94%), Copper: 0.14mg (6.89%), Fiber: 1.57g (6.28%), Folate: 15.55µg (3.89%), Vitamin E: 0.49mg (3.29%), Calcium: 29.76mg (2.98%)