



Drunken Noodles



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup basil fresh
- ☐ 0.3 cup fish sauce (nam pla or nuoc nam)
- ☐ 12 garlic clove chopped
- ☐ 1.5 pounds ground chicken
- ☐ 0.3 cup soy sauce light
- ☐ 4 bell pepper italian cut into strips
- ☐ 4 large plum tomatoes cut into 6 wedges
- ☐ 0.3 cup soya sauce black

- ☐ 1 tablespoon sugar
- ☐ 0.3 cup thai chile fresh chopped
- ☐ 0.3 cup vegetable oil

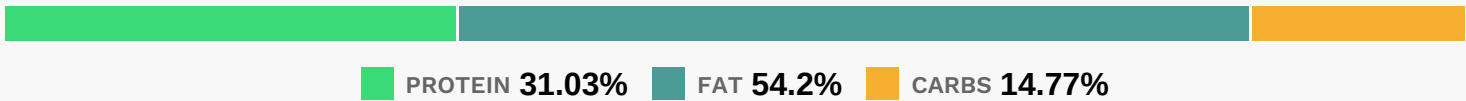
Equipment

- ☐ pot

Directions

- ☐ Cook noodles in large pot of boiling salted water until tender but still firm to bite, stirring frequently.
- ☐ Drain.
- ☐ Meanwhile, heat oil in heavy large pot over medium-high heat.
- ☐ Add garlic and Thai chiles; sauté 30 seconds.
- ☐ Add chicken and next 4 ingredients and sauté until chicken is cooked through, about 4 minutes.
- ☐ Add noodles, tomatoes, and Anaheim chiles; toss to coat.
- ☐ Transfer to large platter, sprinkle with basil leaves, and serve.
- ☐ *Available in the Asian foods section or produce section of some supermarkets, and at Southeast Asian and some Asian markets.

Nutrition Facts



Properties

Glycemic Index:41.35, Glycemic Load:2.76, Inflammation Score:-8, Nutrition Score:20.76652178557%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 3.98mg, Luteolin: 3.98mg, Luteolin: 3.98mg, Luteolin: 3.98mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 300.35kcal (15.02%), Fat: 18.57g (28.57%), Saturated Fat: 4.06g (25.39%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 9.13g (3.32%), Sugar: 6.05g (6.72%), Cholesterol: 97.52mg (32.51%), Sodium: 1912.84mg (83.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.91g (47.83%), Vitamin C: 86.88mg (105.31%), Vitamin B6: 0.96mg (48.16%), Vitamin B3: 8.05mg (40.27%), Vitamin K: 36.04µg (34.33%), Potassium: 948.81mg (27.11%), Phosphorus: 266.62mg (26.66%), Manganese: 0.42mg (20.96%), Vitamin B2: 0.35mg (20.73%), Selenium: 13.5µg (19.29%), Vitamin A: 818.73IU (16.37%), Magnesium: 65.29mg (16.32%), Vitamin B5: 1.48mg (14.81%), Vitamin B1: 0.22mg (14.33%), Zinc: 2.05mg (13.65%), Iron: 2.09mg (11.61%), Vitamin B12: 0.68µg (11.36%), Copper: 0.22mg (10.9%), Vitamin E: 1.63mg (10.87%), Fiber: 2.25g (9%), Folate: 26.65µg (6.66%), Calcium: 42.44mg (4.24%)