



## Duck & spring onion noodles

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



434 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 1 tbsp cooking oil
- ☐ 6 spring onion cut into short lengths
- ☐ 1 piece ginger peeled sliced
- ☐ 0.5 cabbage chinese finely sliced
- ☐ 1 can water chestnuts drained sliced into discs
- ☐ 2 duck breast meat – skin left on cooked chopped well (if you have it – see 'Goes with', below)
- ☐ 4 tbsp soya sauce
- ☐ 200 g egg noodles cooked

- ☐ 1 small bunch cilantro leaves  chopped
- ☐ 4 servings sesame oil

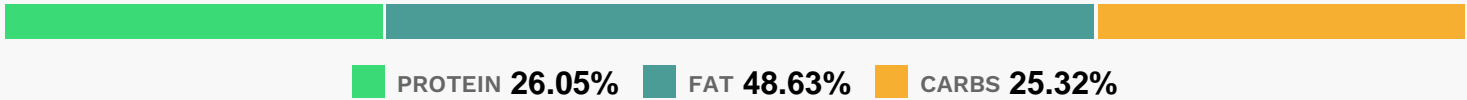
## Equipment

- ☐ wok

## Directions

- ☐ Heat the oil in a wok. Throw in the spring onions and ginger, cook for 1 min, then add the cabbage. Stir-fry until wilted, then add the water chestnuts and duck, and stir quickly to heat them through. (You can leave the recipe at this point, then finish it off just before serving if you prefer.)
- ☐ Add the soy sauce (and heat everything through if you are finishing off at the last minute) and noodles, and toss everything together. Tip onto a platter and keep warm while you eat the duck pancakes.
- ☐ Sprinkle with coriander and drizzle over some reserved duck juices (if you have them) and a little sesame oil just before serving.

## Nutrition Facts



## Properties

Glycemic Index:44, Glycemic Load:6.94, Inflammation Score:-6, Nutrition Score:25.495217575975%

## Flavonoids

Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

## Nutrients (% of daily need)

Calories: 433.58kcal (21.68%), Fat: 23.64g (36.37%), Saturated Fat: 3.95g (24.69%), Carbohydrates: 27.7g (9.23%), Net Carbohydrates: 24.19g (8.8%), Sugar: 3.14g (3.49%), Cholesterol: 101.51mg (33.84%), Sodium: 1090.9mg (47.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.49g (56.98%), Vitamin B12: 14.73µg (245.58%), Selenium: 35.73µg (51.05%), Vitamin B6: 0.92mg (45.99%), Vitamin K: 48.03µg (45.74%), Iron: 7.41mg (41.18%), Vitamin B1: 0.5mg (33.49%), Phosphorus: 310.05mg (31%), Copper: 0.59mg (29.55%), Vitamin B3: 5.53mg (27.63%), Manganese: 0.52mg (26.09%), Vitamin B2: 0.43mg (25.5%), Vitamin C: 14.39mg (17.44%), Potassium: 592.22mg (16.92%), Folate: 61.66µg (15.41%), Magnesium: 57.55mg (14.39%), Fiber: 3.51g (14.03%), Vitamin B5:

1.28mg (12.81%), Zinc: 1.71mg (11.41%), Vitamin A: 568.91IU (11.38%), Vitamin E: 1.49mg (9.92%), Calcium: 51.26mg (5.13%)