



Funky Chicken With Sesame Noodles

 Dairy Free  Popular

READY IN



210 min.

SERVINGS



4

CALORIES



875 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar
- 1 teaspoon ginger dried fresh chopped (or)
- 2 garlic cloves minced
- 3 scallions thinly sliced
- 4 servings sesame oil for sauteing
- 0.3 cup sesame seed ()
- 4 chicken breasts boneless skinless
- 0.3 cup soya sauce

- 1 lb spaghetti canned (get the thinnest spaghetti you can find)
- 0.3 cup sugar
- 0.3 cup teriyaki sauce

Equipment

- bowl
- frying pan

Directions

- First make the sesame noodles: Cook the spaghetti according to package directions.²
- Drain (I also rinse).³ In a jar, add the soy sauce, sesame oil and the sugar.⁴ Shake until well blended and the sugar has dissolved.⁵
- Pour this over the pasta.⁶ Toss with scallions and sprinkle with the sesame seeds.⁷ Set aside while you marinate and then cook the chicken.⁸ Funkying the chicken: In a bowl mix the soy sauce, teriyaki sauce, garlic, brown sugar and the ginger.⁹ Make sure the sugar has pretty much dissolved.¹⁰
- Add the chicken, making sure it's all coated with the sauce.¹¹ Cover and stick in the fridge for 2–3 hours.¹²
- Remove the chicken from the marinade, and toss out the marinade left at the bottom of the bowl.¹³
- Heat the sesame oil in a large non-stick pan.¹⁴
- Add the chicken in batches and saute for about 10 minutes, or until done, adding more sesame oil as needed.¹⁵
- Remove the chicken from the pan and let cool slightly.¹⁶ Slice the chicken diagonally into thin strips.¹⁷
- Serve the chicken over the sesame noodles.¹⁸ Stand back and watch your guests/children/loved ones inhale this dish.

Nutrition Facts



Properties

Glycemic Index:56.02, Glycemic Load:46.44, Inflammation Score:-7, Nutrition Score:28.278260998104%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 874.93kcal (43.75%), Fat: 23.41g (36.02%), Saturated Fat: 3.61g (22.59%), Carbohydrates: 122.09g (40.7%), Net Carbohydrates: 116.89g (42.5%), Sugar: 36.05g (40.06%), Cholesterol: 72.32mg (24.11%), Sodium: 1644.13mg (71.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.35g (86.7%), Selenium: 112.18µg (160.25%), Manganese: 1.58mg (78.76%), Vitamin B3: 15.06mg (75.3%), Vitamin B6: 1.16mg (58.07%), Phosphorus: 564.18mg (56.42%), Copper: 0.8mg (40.02%), Magnesium: 143.65mg (35.91%), Potassium: 842.17mg (24.06%), Iron: 4.27mg (23.73%), Vitamin B5: 2.23mg (22.3%), Zinc: 3.14mg (20.92%), Fiber: 5.2g (20.82%), Vitamin K: 20.9µg (19.91%), Vitamin B1: 0.27mg (18.04%), Calcium: 149.61mg (14.96%), Vitamin B2: 0.25mg (14.81%), Folate: 44.08µg (11.02%), Vitamin C: 3.52mg (4.27%), Vitamin E: 0.61mg (4.06%), Vitamin B12: 0.23µg (3.77%), Vitamin A: 124.76IU (2.5%)