



Ginger Chicken Noodle Bowls

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 cups chicken broth
- 1 teaspoon chili-garlic paste
- 2 teaspoons ginger fresh grated peeled
- 0.3 cup mint leaves fresh chopped
- 2 tablespoons juice of lime fresh
- 8 ounces rice noodles
- 4 cups vegetables red yellow such as thinly sliced bell pepper, broccoli florets, thinly sliced squash, and snow peas sliced
- 12 ounces chicken breasts boneless skinless thinly sliced

3 tablespoons soya sauce

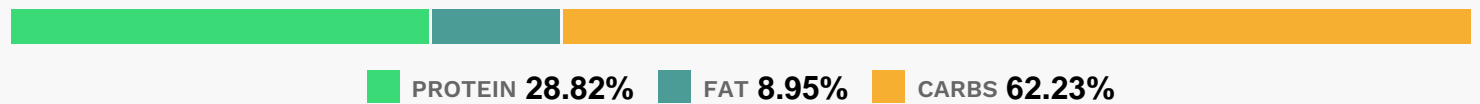
Equipment

pot

Directions

- Cook noodles according to package directions; drain.
- Meanwhile, combine broth and ginger in a large pot, and bring to a boil over high heat.
- Add chicken, and cook 3 minutes or until cooked through.
- Add vegetables, and cook 2 minutes or just until crisp-tender.
- Remove pot from heat, and stir in cooked rice noodles, herbs, and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:28.26, Inflammation Score:-8, Nutrition Score:26.654782515505%

Flavonoids

Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Kaempferol: 7.14mg, Kaempferol: 7.14mg, Kaempferol: 7.14mg, Kaempferol: 7.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 370.04kcal (18.5%), Fat: 3.66g (5.62%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 57.18g (19.06%), Net Carbohydrates: 53.5g (19.45%), Sugar: 3.45g (3.83%), Cholesterol: 61.48mg (20.49%), Sodium: 2295.13mg (99.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.48g (52.96%), Vitamin C: 85.78mg (103.97%), Vitamin K: 93.06µg (88.63%), Selenium: 39.76µg (56.8%), Vitamin B3: 10.96mg (54.79%), Vitamin B6: 0.86mg (42.77%), Manganese: 0.77mg (38.67%), Phosphorus: 362.42mg (36.24%), Vitamin B2: 0.44mg (25.88%), Potassium: 745.26mg (21.29%), Vitamin B5: 1.87mg (18.73%), Folate: 68.97µg (17.24%), Magnesium: 60.54mg (15.14%), Vitamin B1: 0.23mg (15.04%), Fiber: 3.68g (14.73%), Vitamin A: 722.83IU (14.46%), Iron: 2.12mg (11.78%), Zinc: 1.65mg (10.97%), Copper: 0.2mg (10.01%), Calcium: 84.34mg (8.43%), Vitamin E: 1.03mg (6.88%), Vitamin B12:

0.24µg (4.01%)