



Ginger & chicken noodles

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



202 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 eggs
- ☐ 3 tbsp vegetable oil
- ☐ 4 fillet chicken breast boneless skinless
- ☐ 100 g ginger fresh peeled cut into small slithers
- ☐ 6 garlic clove finely sliced
- ☐ 2 bunches spring onion cut into diagonal strips
- ☐ 200 ml sherry dry
- ☐ 200 g soup noodles

☐ 3 tbsp soya sauce

Equipment

☐ frying pan

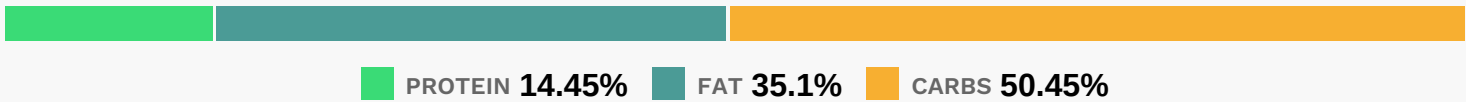
☐ whisk

☐ wok

Directions

- ☐ Whisk the eggs with 2 tbsp water.
- ☐ Heat 1 tbsp of the oil in a large non-stick frying pan. Swirl the eggs into the pan and cook for 2 mins until set, flip over and continue to cook for 1 min. Tip the omelette onto a board and, when cool enough to handle, slice into strips and set aside.
- ☐ Heat the remaining oil in a large wok and stir-fry the chicken for 5 mins until browned, then add the ginger and garlic, and cook for a few mins. Scatter over most of the spring onions, reserving some to sprinkle on the top, followed by the sake or sherry and noodles. Give everything a good mix.
- ☐ Drizzle over the soy, stir through the shredded omelette, sprinkle over the reserved spring onions and serve.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:8.25, Inflammation Score:-4, Nutrition Score:7.1660869639853%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 202.12kcal (10.11%), Fat: 7.18g (11.05%), Saturated Fat: 1.4g (8.73%), Carbohydrates: 23.23g (7.74%), Net Carbohydrates: 21.92g (7.97%), Sugar: 1.46g (1.62%), Cholesterol: 61.7mg (20.57%), Sodium: 406.8mg (17.69%), Alcohol: 2.61g (100%), Alcohol %: 3.31% (100%), Protein: 6.65g (13.31%), Selenium: 21.55µg (30.78%), Vitamin K: 22.03µg (20.98%), Manganese: 0.37mg (18.66%), Phosphorus: 104.22mg (10.42%), Vitamin B6: 0.14mg (7.25%), Magnesium: 27.73mg (6.93%), Vitamin B2: 0.12mg (6.85%), Copper: 0.13mg (6.72%), Iron: 1.05mg (5.82%), Potassium: 190.14mg (5.43%), Fiber: 1.31g (5.23%), Zinc: 0.72mg (4.8%), Folate: 19.03µg (4.76%), Vitamin B3: 0.92mg (4.62%), Vitamin E: 0.69mg (4.57%), Vitamin B5: 0.45mg (4.48%), Vitamin B1: 0.05mg (3.04%), Vitamin A: 149.27IU (2.99%), Vitamin C: 2.46mg (2.98%), Calcium: 28.54mg (2.85%), Vitamin B12: 0.15µg (2.46%), Vitamin D: 0.33µg (2.2%)