



Hoisin Chicken and Noodles

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



352 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces fettuccine barilla uncooked
- 1 pound chicken breast boneless skinless cut into 1/4-inch slices
- 16 ounces chop suey vegetables fresh (5 cups)
- 3 ounces mushrooms fresh sliced
- 0.3 cup hoisin sauce

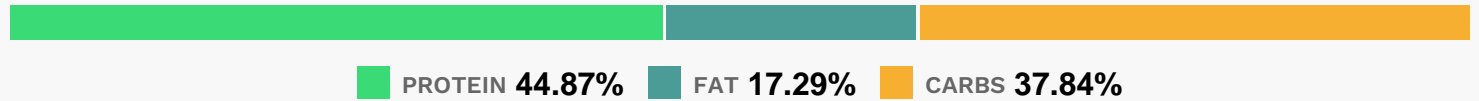
Equipment

- frying pan
- wok

Directions

- Cook and drain fettuccine as directed on package.
- Spray wok or 12-inch skillet with cooking spray; heat over medium-high heat.
- Add chicken; stir-fry 3 to 4 minutes or until no longer pink in center.
- Add vegetables and mushrooms; stir-fry about 3 minutes or until vegetables are crisp-tender.
- Stir in hoisin sauce.
- Heat to boiling, stirring constantly. Boil and stir 1 minute.
- Add fettuccine; toss until well coated and heated through.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:11.41, Inflammation Score:-3, Nutrition Score:16.248261050038%

Nutrients (% of daily need)

Calories: 351.89kcal (17.59%), Fat: 6.59g (10.14%), Saturated Fat: 1.7g (10.6%), Carbohydrates: 32.45g (10.82%), Net Carbohydrates: 30.74g (11.18%), Sugar: 4.12g (4.58%), Cholesterol: 80.48mg (26.83%), Sodium: 281.97mg (12.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.48g (76.96%), Selenium: 62.91µg (89.87%), Vitamin B3: 12.35mg (61.74%), Phosphorus: 357.12mg (35.71%), Vitamin B6: 0.67mg (33.49%), Vitamin B1: 0.42mg (27.96%), Manganese: 0.37mg (18.51%), Vitamin B5: 1.64mg (16.42%), Vitamin B2: 0.27mg (16.15%), Potassium: 430.66mg (12.3%), Magnesium: 45.6mg (11.4%), Copper: 0.19mg (9.62%), Zinc: 1.27mg (8.5%), Fiber: 1.71g (6.84%), Iron: 1.18mg (6.58%), Folate: 19.03µg (4.76%), Vitamin B12: 0.27µg (4.44%), Calcium: 30.17mg (3.02%), Vitamin E: 0.32mg (2.11%), Vitamin C: 1.25mg (1.52%), Vitamin D: 0.22µg (1.45%)