



Hoisin Chicken and Noodles

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



377 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

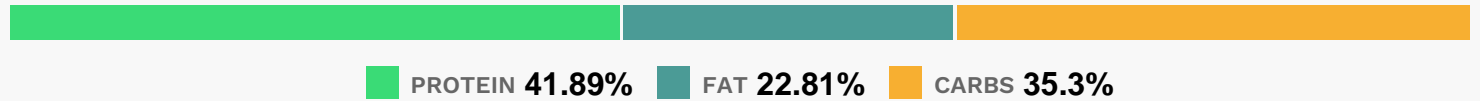
Equipment

- 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:-4, Nutrition Score:21.369130367818%

Nutrients (% of daily need)

Calories: 376.84kcal (18.84%), Fat: 9.32g (14.34%), Saturated Fat: 2.8g (17.49%), Carbohydrates: 32.45g (10.82%), Net Carbohydrates: 30.74g (11.18%), Sugar: 4.12g (4.58%), Cholesterol: 131.13mg (43.71%), Sodium: 318.25mg (13.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.51g (77.02%), Selenium: 80.53µg (115.04%), Vitamin B3: 15.36mg (76.82%), Vitamin B6: 1.22mg (60.93%), Phosphorus: 437.25mg (43.73%), Vitamin B1: 0.63mg (41.92%), Vitamin B5: 2.19mg (21.92%), Potassium: 712.64mg (20.36%), Vitamin B2: 0.33mg (19.49%), Manganese: 0.38mg (18.78%), Magnesium: 65.26mg (16.32%), Zinc: 2.45mg (16.31%), Copper: 0.23mg (11.74%), Vitamin B12: 0.67µg (11.12%), Iron: 1.56mg (8.68%), Fiber: 1.71g (6.84%), Folate: 19.03µg (4.76%), Vitamin D: 0.52µg (3.46%), Vitamin E: 0.42mg (2.77%), Calcium: 26.39mg (2.64%), Vitamin C: 1.25mg (1.52%)