



WHATSHATE



HEALTH SCORE

56%

Hoisin Chicken With Soba Noodles



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



500 kcal

SAUCE

Ingredients

- ☐ 1.5 cups carrots shredded
- ☐ 1 pound grilled chicken breast strips frozen fully-cooked such as Perdue
- ☐ 0.3 cup roasted peanuts unsalted dry finely chopped
- ☐ 0.3 cup hoisin sauce
- ☐ 2 tablespoons soya sauce reduced-sodium
- ☐ 0.5 cup scallions diagonally sliced
- ☐ 8 ounces soba noodles
- ☐ 1 teaspoon spicy mustard hot

☐ 1 teaspoon sriracha such as huy fong hot

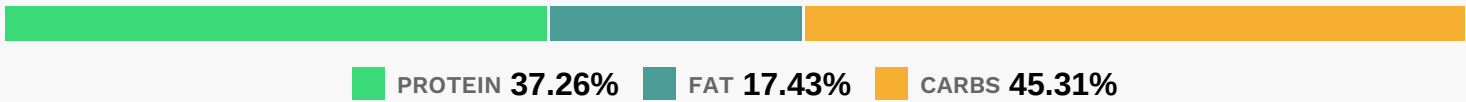
Equipment

- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ microwave

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Place the chicken on a microwave-safe plate and cover with a paper towel. Microwave at HIGH for 2 minutes or until heated through.
- ☐ Add soba noodles to boiling water and cook for 5 minutes; drain well.
- ☐ Whisk together the next 4 ingredients (through mustard).
- ☐ Add the chicken, carrots, and scallions to the sauce mixture.
- ☐ Toss the hoisin-chicken mixture with the noodles until well coated. Divide noodles and chicken among 4 plates; sprinkle peanuts on top.

Nutrition Facts



Properties

Glycemic Index:40.83, Glycemic Load:23.93, Inflammation Score:-10, Nutrition Score:28.564782754235%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 499.57kcal (24.98%), Fat: 9.9g (15.23%), Saturated Fat: 2.07g (12.94%), Carbohydrates: 57.93g (19.31%), Net Carbohydrates: 54.88g (19.96%), Sugar: 7.79g (8.65%), Cholesterol: 96.9mg (32.3%), Sodium: 1213.15mg (52.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.64g (95.29%), Vitamin A: 8170.86IU (163.42%),

Vitamin B3: 19.56mg (97.79%), Manganese: 1.12mg (55.92%), Vitamin B6: 0.96mg (48%), Phosphorus: 479.29mg (47.93%), Selenium: 33.07µg (47.24%), Vitamin K: 32.68µg (31.12%), Magnesium: 121.99mg (30.5%), Vitamin B1: 0.41mg (27.4%), Potassium: 732.65mg (20.93%), Vitamin B5: 1.95mg (19.49%), Iron: 3.49mg (19.41%), Vitamin B2: 0.32mg (18.67%), Folate: 72.39µg (18.1%), Zinc: 2.65mg (17.7%), Copper: 0.29mg (14.26%), Fiber: 3.05g (12.2%), Vitamin E: 1.24mg (8.27%), Calcium: 75.9mg (7.59%), Vitamin C: 6mg (7.28%), Vitamin B12: 0.39µg (6.43%)