



Hoisin-Grilled Chicken with Soba Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



369 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon five-spice powder
- ☐ 1.5 teaspoons balsamic vinegar
- ☐ 1 tablespoon sesame oil dark
- ☐ 2 green onions thinly sliced
- ☐ 2 tablespoons hoisin sauce
- ☐ 2 teaspoons lower-sodium soy sauce
- ☐ 2 tablespoons rice vinegar
- ☐ 2 teaspoons sesame seed toasted

- ☐ 18 ounce chicken breast halves boneless skinless
- ☐ 6 ounces soba noodles uncooked
- ☐ 1.5 cups sugar snap peas trimmed halved
- ☐ 1.5 teaspoons worcestershire sauce
- ☐ 1 teaspoon sambal oelek fresh (ground chile paste)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ grill pan

Directions

- ☐ Combine first 4 ingredients in a large bowl.
- ☐ Add chicken; toss to coat.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken; cook 10 minutes or until done, turning after 5 minutes.
- ☐ Let stand 5 minutes. Thinly slice across the grain.
- ☐ Bring a large saucepan of water to a boil.
- ☐ Add noodles; cook 2 minutes.
- ☐ Add peas; cook 1 minute or until noodles are tender.
- ☐ Drain.
- ☐ Combine rice vinegar and next 3 ingredients in a bowl.
- ☐ Add noodle mixture; toss to coat. Arrange about 1 cup noodle mixture in each of 4 shallow bowls. Top each serving with about 3 1/2 ounces chicken.
- ☐ Sprinkle with sesame seeds and onions.

Nutrition Facts



 **PROTEIN 37.59%**  **FAT 19.38%**  **CARBS 43.03%**

Properties

Glycemic Index:56.13, Glycemic Load:16.96, Inflammation Score:-7, Nutrition Score:22.399565297624%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 369.17kcal (18.46%), Fat: 8.05g (12.38%), Saturated Fat: 1.41g (8.84%), Carbohydrates: 40.21g (13.4%), Net Carbohydrates: 38.66g (14.06%), Sugar: 4.43g (4.92%), Cholesterol: 81.89mg (27.3%), Sodium: 737.09mg (32.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.13g (70.27%), Vitamin B3: 15.14mg (75.71%), Selenium: 41.71µg (59.58%), Vitamin B6: 1.14mg (57.11%), Phosphorus: 415.97mg (41.6%), Manganese: 0.74mg (37.06%), Vitamin C: 25.34mg (30.71%), Vitamin B5: 2.52mg (25.22%), Vitamin B1: 0.36mg (23.85%), Magnesium: 92.34mg (23.08%), Vitamin K: 22.42µg (21.35%), Potassium: 724.33mg (20.7%), Iron: 3.06mg (17.02%), Vitamin B2: 0.25mg (14.6%), Folate: 54.16µg (13.54%), Zinc: 1.75mg (11.65%), Copper: 0.23mg (11.51%), Vitamin A: 503.95IU (10.08%), Fiber: 1.55g (6.2%), Calcium: 61.32mg (6.13%), Vitamin B12: 0.26µg (4.25%), Vitamin E: 0.51mg (3.39%)