



## How to Make Chicken Chow Mein

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 heads bok choy chopped
- ☐ 1 carrots cut into thin strips
- ☐ 0.8 cup chicken broth
- ☐ 0.5 pound chow mein noodles
- ☐ 1 teaspoon cornstarch
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons green onion chopped
- ☐ 2 tablespoons oyster sauce

- ☐ 0.3 teaspoon sesame oil
- ☐ 0.5 pound chicken breast halves boneless skinless cut into strips
- ☐ 2 teaspoons soya sauce
- ☐ 10 sugar snap peas
- ☐ 1 tablespoon vegetable oil
- ☐ 0.8 teaspoon sugar white
- ☐ 0.5 zucchini diced

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

## Directions

- ☐ Whisk soy sauce, corn starch, and sesame oil together in a large bowl until smooth; add chicken strips and toss to coat. Cover and refrigerate for at least 20 minutes.
- ☐ Combine chicken broth, oyster sauce, and sugar in a small bowl and set aside.
- ☐ Bring a large pot of water to a boil.
- ☐ Add noodles and cook over medium heat until cooked through but still firm to the bite, 4 to 5 minutes.
- ☐ Drain and rinse with cold water.
- ☐ Heat vegetable oil in a large skillet. Cook and garlic in hot oil for 30 seconds; add marinated chicken. Cook and stir until browned and no longer pink in the center, 5 to 6 minutes.
- ☐ Remove chicken mixture to a plate. Cook and stir bok choy, zucchini, snap peas, and carrot in the hot skillet until softened, about 2 minutes. Return noodles and chicken mixture to the skillet.
- ☐ Pour broth mixture into noodle mixture; cook and stir until warmed through, about 2 minutes.
- ☐ Serve garnished with green onions.

## Nutrition Facts



## Properties

Glycemic Index:52.23, Glycemic Load:1.22, Inflammation Score:-10, Nutrition Score:36.559130456137%

## Flavonoids

Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 18.27mg, Kaempferol: 18.27mg, Kaempferol: 18.27mg, Kaempferol: 18.27mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 9.18mg, Quercetin: 9.18mg, Quercetin: 9.18mg, Quercetin: 9.18mg

## Nutrients (% of daily need)

Calories: 381.37kcal (19.07%), Fat: 7.22g (11.11%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 54.07g (18.02%), Net Carbohydrates: 45.94g (16.71%), Sugar: 8.47g (9.41%), Cholesterol: 37.17mg (12.39%), Sodium: 1283.13mg (55.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.77g (55.54%), Vitamin A: 21437.31IU (428.75%), Vitamin C: 197.27mg (239.12%), Vitamin K: 207.41µg (197.54%), Folate: 293.13µg (73.28%), Vitamin B6: 1.32mg (66.15%), Calcium: 462.64mg (46.26%), Vitamin B3: 8.66mg (43.29%), Potassium: 1416.4mg (40.47%), Manganese: 0.81mg (40.26%), Fiber: 8.13g (32.5%), Iron: 5.76mg (31.98%), Selenium: 21.06µg (30.09%), Phosphorus: 300.41mg (30.04%), Magnesium: 104.18mg (26.05%), Vitamin B2: 0.43mg (25.27%), Vitamin B1: 0.24mg (16.28%), Vitamin B5: 1.31mg (13.11%), Zinc: 1.32mg (8.81%), Copper: 0.15mg (7.71%), Vitamin E: 0.94mg (6.28%), Vitamin B12: 0.16µg (2.65%)