



How to Make Chicken Yakisoba



Dairy Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



1048 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 medium head cabbage thinly sliced
- ☐ 1 tablespoon canola oil
- ☐ 2 carrots cut into matchsticks
- ☐ 2 tablespoons chile paste asian-style
- ☐ 2 cloves garlic minced
- ☐ 2 pounds yakisoba noodles cooked
- ☐ 1 onion sliced
- ☐ 1 tablespoon salt

- ☐ 1 tablespoon sesame oil
- ☐ 2 chicken breast halves boneless skinless cut into bite-size pieces
- ☐ 0.5 cup soya sauce

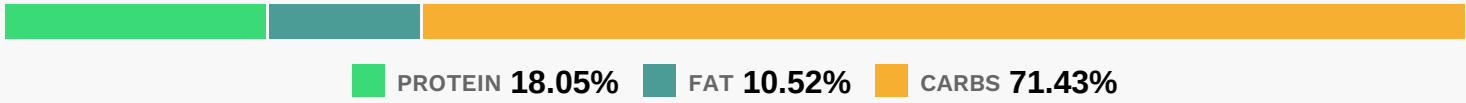
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 2 tablespoons canola oil and sesame oil in a large skillet over medium-high heat. Cook and stir chicken and garlic in hot oil until fragrant, about 1 minute. Stir chile paste into chicken mixture; cook and stir until chicken is completely browned, 3 to 4 minutes.
- ☐ Add soy sauce and simmer for 2 minutes.
- ☐ Pour chicken and sauce into a bowl.
- ☐ Heat 1 tablespoon canola oil in the skillet over medium-high heat; cook and stir cabbage, onion, carrots, and salt in hot oil until cabbage is wilted, 3 to 4 minutes.
- ☐ Stir the chicken mixture into the cabbage mixture.
- ☐ Add noodles; cook and stir until noodles are hot and chicken is no longer pink inside, 3 to 4 minutes.
- ☐ Garnish with pickled ginger.

Nutrition Facts



Properties

Glycemic Index:51.21, Glycemic Load:71.61, Inflammation Score:-10, Nutrition Score:41.370869460313%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

5.99mg, Quercetin: 5.99mg

Nutrients (% of daily need)

Calories: 1047.54kcal (52.38%), Fat: 12.16g (18.71%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 185.83g (61.94%), Net Carbohydrates: 174.11g (63.31%), Sugar: 13.52g (15.03%), Cholesterol: 36.16mg (12.05%), Sodium: 3487.63mg (151.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.95g (93.9%), Selenium: 162.46µg (232.09%), Manganese: 2.52mg (126.16%), Vitamin A: 5240.11IU (104.8%), Vitamin K: 93.83µg (89.36%), Phosphorus: 639.61mg (63.96%), Vitamin B3: 11.63mg (58.15%), Vitamin C: 47.8mg (57.94%), Vitamin B6: 1.05mg (52.52%), Fiber: 11.72g (46.88%), Magnesium: 167.9mg (41.98%), Copper: 0.77mg (38.6%), Potassium: 1142.96mg (32.66%), Folate: 108.97µg (27.24%), Zinc: 4.01mg (26.73%), Iron: 4.63mg (25.75%), Vitamin B1: 0.37mg (24.64%), Vitamin B5: 2.26mg (22.58%), Vitamin B2: 0.31mg (18.5%), Calcium: 123.44mg (12.34%), Vitamin E: 1.42mg (9.44%), Vitamin B12: 0.11µg (1.88%)