



Japanese-style One-pot Supper

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 ounces bean-thread noodles dried (saifun or cellophane noodles; see Notes)
- 4 ounces button mushrooms sliced
- 0.5 cup cream sherry (see Notes)
- 3 slices ginger fresh peeled thin
- 3 green onions cut into 1-in. lengths (green and white parts)
- 5 cups chicken broth reduced-sodium
- 1 small bell pepper red stemmed seeded cut into thin slices
- 4 ounces snow peas

- 0.3 cup soya sauce
- 4 servings sriracha (see Notes)
- 1 tablespoon sugar
- 8 ounces spicy tofu firm drained cut into 1-in. cubes
- 12 ounces boned trimmed of fat cut into 1-in. chunks

Equipment

- bowl
- frying pan
- pot

Directions

- In a small bowl, soak bean-thread noodles in boiling water until soft, about 5 minutes.
- Drain and cut into 6- to 10-in. lengths.
- In a 5- to 6-qt. pot or a 12-in. frying pan (with sides at least 2 in. high), bring broth, mirin, soy sauce, sugar, and ginger to a boil over high heat. Reduce heat and simmer, covered, 5 minutes.
- Arrange noodles, chicken, bell pepper, peas, mushrooms, tofu, and green onions in separate piles in the pot. Cover and simmer, without stirring, until chicken chunks are no longer pink in the center (cut one to test), about 5 minutes. Set pot on the table so people can serve themselves, with Sriracha on the side.

Nutrition Facts



Properties

Glycemic Index:56.52, Glycemic Load:3.05, Inflammation Score:-8, Nutrition Score:18.822174069674%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg,

Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 427.61kcal (21.38%), Fat: 18.67g (28.72%), Saturated Fat: 4.67g (29.17%), Carbohydrates: 33.05g (11.02%), Net Carbohydrates: 30.7g (11.16%), Sugar: 6.79g (7.55%), Cholesterol: 83.35mg (27.78%), Sodium: 977.45mg (42.5%), Alcohol: 3.09g (100%), Alcohol %: 0.66% (100%), Protein: 28.38g (56.77%), Vitamin C: 43.13mg (52.27%), Vitamin B3: 10.07mg (50.36%), Phosphorus: 302mg (30.2%), Selenium: 20.67µg (29.52%), Vitamin K: 28.53µg (27.18%), Vitamin B6: 0.51mg (25.63%), Vitamin B2: 0.39mg (22.83%), Vitamin A: 1043.62IU (20.87%), Iron: 3.71mg (20.62%), Potassium: 699.37mg (19.98%), Copper: 0.36mg (17.93%), Vitamin B5: 1.66mg (16.59%), Vitamin B12: 0.85µg (14.18%), Manganese: 0.26mg (13.18%), Vitamin B1: 0.19mg (12.38%), Zinc: 1.85mg (12.36%), Calcium: 121.49mg (12.15%), Magnesium: 42.57mg (10.64%), Fiber: 2.35g (9.4%), Folate: 37.05µg (9.26%), Vitamin E: 0.67mg (4.44%)