



Kung Pao Noodles and Chicken



Dairy Free



Popular

READY IN



20 min.

SERVINGS



6

CALORIES



304 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 ounces extra wide egg noodles uncooked fine
- ☐ 1 tablespoon vegetable oil
- ☐ 1.3 pounds chicken breast boneless skinless cut into 1-inch pieces
- ☐ 0.9 ounce sesame oil hot
- ☐ 0.8 cup water
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon soya sauce
- ☐ 6 medium spring onion cut into 1-inch pieces

- ☐ 0.5 cup roasted peanuts
- ☐ 1 serving pepper red crushed

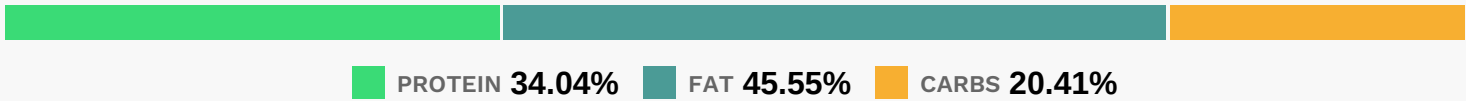
Equipment

- ☐ frying pan

Directions

- ☐ Cook and drain noodles as directed on package; keep warm.
- ☐ Heat oil in 12-inch nonstick skillet over medium-high heat. Cook chicken in oil 4 to 5 minutes, stirring occasionally, until no longer pink in center.
- ☐ Stir seasoning mix (dry), water, sugar and soy sauce into chicken.
- ☐ Heat to boiling. Stir in onions. Boil 30 seconds to 1 minute, stirring constantly, until sauce is thickened. Stir in noodles; toss to coat.
- ☐ Sprinkle with peanuts and red pepper.

Nutrition Facts



Properties

Glycemic Index:26.85, Glycemic Load:5.88, Inflammation Score:-5, Nutrition Score:16.312173996283%

Flavonoids

Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 304.43kcal (15.22%), Fat: 15.53g (23.89%), Saturated Fat: 2.57g (16.05%), Carbohydrates: 15.65g (5.22%), Net Carbohydrates: 13.57g (4.93%), Sugar: 2.69g (2.99%), Cholesterol: 72.39mg (24.13%), Sodium: 342.22mg (14.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.11g (52.22%), Vitamin B3: 12.21mg (61.03%), Selenium: 42.52µg (60.74%), Vitamin B6: 0.79mg (39.58%), Vitamin K: 36.39µg (34.66%), Phosphorus: 290.14mg (29.01%), Manganese: 0.47mg (23.33%), Vitamin B5: 1.67mg (16.71%), Potassium: 532.94mg (15.23%), Magnesium: 58.22mg (14.56%), Vitamin B1: 0.13mg (8.93%), Copper: 0.17mg (8.64%), Folate: 33.45µg (8.36%), Fiber: 2.08g (8.32%), Vitamin B2: 0.14mg (8.1%), Zinc: 1.15mg (7.68%), Iron: 1.25mg (6.94%), Vitamin A: 285.52IU (5.71%), Vitamin C: 3.96mg (4.8%), Vitamin E: 0.68mg (4.57%), Vitamin B12: 0.23µg (3.84%), Calcium: 35.26mg (3.53%)