



Pan-browned Udon Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



462 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup skinned chicken shredded cooked
- ☐ 0.5 cup fat-skimmed chicken broth
- ☐ 1 cup green onions diagonally sliced (including tops)
- ☐ 1 tablespoon sweet-hot mustard prepared
- ☐ 2 tablespoons soya sauce reduced-sodium
- ☐ 1 teaspoon asian sesame oil toasted ()
- ☐ 0.3 pound tiny shrimp shelled rinsed cooked drained
- ☐ 14 oz udon noodles fresh

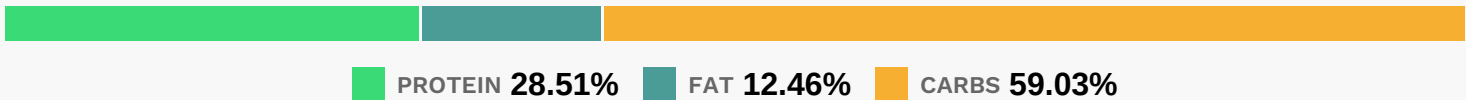
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 10- to 12-inch nonstick frying pan over high heat, bring broth and noodles to a boil; stir gently to separate noodles. Boil until liquid is almost gone, about 4 minutes, then add oil.
- ☐ Stir often until noodles are lightly browned, about 8 minutes.
- ☐ Add chicken, shrimp, and green onions, and stir until hot.
- ☐ Spoon into wide bowls.
- ☐ Mix soy sauce and mustard and add to taste.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:35.55, Inflammation Score:-4, Nutrition Score:11.054782566817%

Flavonoids

Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 461.63kcal (23.08%), Fat: 6.5g (10%), Saturated Fat: 0.8g (5%), Carbohydrates: 69.3g (23.1%), Net Carbohydrates: 62.97g (22.9%), Sugar: 9.75g (10.83%), Cholesterol: 101.83mg (33.94%), Sodium: 1726.36mg (75.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.47g (66.94%), Vitamin K: 53.66µg (51.1%), Fiber: 6.32g (25.3%), Selenium: 15.46µg (22.08%), Phosphorus: 200.97mg (20.1%), Vitamin B3: 3.71mg (18.53%), Vitamin B6: 0.3mg (14.89%), Zinc: 1.47mg (9.8%), Potassium: 331.05mg (9.46%), Magnesium: 36.13mg (9.03%), Vitamin B2: 0.15mg (8.96%), Copper: 0.18mg (8.84%), Vitamin B5: 0.8mg (7.99%), Vitamin B12: 0.44µg (7.25%), Iron: 1.2mg (6.66%), Vitamin C: 4.72mg (5.72%), Folate: 22.43µg (5.61%), Manganese: 0.11mg (5.57%), Vitamin A: 266.11IU (5.32%), Vitamin B1: 0.08mg (5.28%), Calcium: 47.36mg (4.74%), Vitamin E: 0.3mg (2.03%)