



Peanut Chicken Noodle Soup

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 15 ounces chicken breast boneless skinless
- ☐ 0.5 cup chicken stock see unsalted
- ☐ 3 tablespoons creamy peanut butter reduced-fat
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 0.5 teaspoon kosher salt
- ☐ 13.5 ounce lite coconut milk light canned
- ☐ 3 cups napa cabbage thinly sliced

- ☐ 1 small serrano chiles thinly sliced
- ☐ 2 tablespoons sriracha hot (chile sauce)
- ☐ 14 ounces udon noodles fresh uncooked

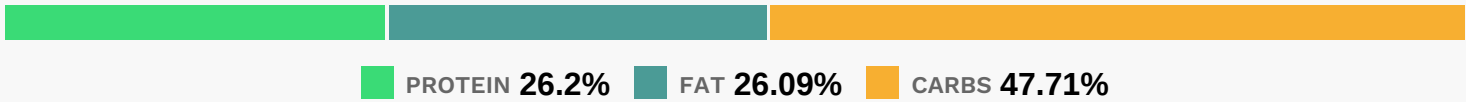
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ colander

Directions

- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ Drain in a colander over a bowl, reserving 2 cups cooking liquid.
- ☐ Heat stock and next 4 ingredients in a saucepan over medium-low heat.
- ☐ Add cooking liquid and chicken to milk mixture; cook 3 minutes or until chicken is heated.
- ☐ Add noodles and cabbage; cook 2 minutes or until cabbage wilts.
- ☐ Sprinkle with cilantro and serrano; serve with Sriracha.

Nutrition Facts



Properties

Glycemic Index:27.89, Glycemic Load:23.9, Inflammation Score:-4, Nutrition Score:12.381738962039%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 424.57kcal (21.23%), Fat: 12.3g (18.93%), Saturated Fat: 5.54g (34.65%), Carbohydrates: 50.63g (16.88%), Net Carbohydrates: 46.04g (16.74%), Sugar: 7.81g (8.68%), Cholesterol: 45.96mg (15.32%), Sodium: 1304.25mg (56.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.8g (55.6%), Vitamin B3: 8.96mg (44.8%), Vitamin B6: 0.68mg (34%), Selenium: 23.69µg (33.85%), Phosphorus: 193.84mg (19.38%), Fiber: 4.59g (18.36%), Vitamin C:

15.02mg (18.21%), Vitamin K: 19.07µg (18.16%), Potassium: 433.81mg (12.39%), Vitamin B5: 1.15mg (11.48%),
Manganese: 0.23mg (11.43%), Folate: 41.67µg (10.42%), Magnesium: 38.59mg (9.65%), Vitamin B2: 0.13mg (7.52%),
Vitamin E: 0.95mg (6.3%), Vitamin B1: 0.08mg (5.42%), Zinc: 0.74mg (4.95%), Copper: 0.08mg (4.18%), Vitamin A:
204.99IU (4.1%), Calcium: 39.09mg (3.91%), Iron: 0.62mg (3.44%), Vitamin B12: 0.14µg (2.36%)