



Peanut chicken with noodles

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g pack rice noodles
- ☐ 2 ready-cooked chicken breasts shredded
- ☐ 1 bell pepper red deseeded sliced
- ☐ 2 handfuls beansprouts
- ☐ 3 tbsp chilli sauce sweet
- ☐ 4 tbsp soya sauce light
- ☐ 4 spring onion sliced
- ☐ 50 g peanuts roughly chopped

☐ 20 g coriander fresh roughly chopped

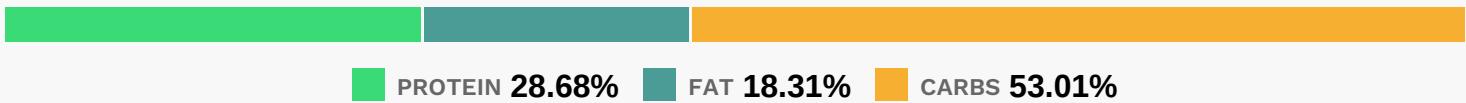
Equipment

- ☐ bowl
- ☐ whisk
- ☐ microwave

Directions

- ☐ Cook the rice noodles according to the pack instructions. Meanwhile, put the chicken and pepper in a microwave-proof dish and cover. Microwave on High for 2 mins, until piping hot.
- ☐ Drain the rice noodles and tip into a bowl. Stir through the beansprouts.
- ☐ Whisk the chilli sauce and soy sauce together, then stir through the noodles, along with the chicken, pepper and spring onions. Scatter over the peanuts and coriander to serve.

Nutrition Facts



Properties

Glycemic Index:45.81, Glycemic Load:30.41, Inflammation Score:-8, Nutrition Score:22.315217404262%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 490.59kcal (24.53%), Fat: 9.85g (15.16%), Saturated Fat: 1.94g (12.15%), Carbohydrates: 64.19g (21.4%), Net Carbohydrates: 60.7g (22.07%), Sugar: 7.99g (8.88%), Cholesterol: 73.1mg (24.37%), Sodium: 1318.56mg (57.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.73g (69.45%), Vitamin B3: 15.05mg (75.23%), Vitamin C: 41.75mg (50.61%), Selenium: 34.37µg (49.1%), Manganese: 0.82mg (41.02%), Vitamin K: 42.22µg (40.21%), Phosphorus: 378.45mg (37.85%), Vitamin B6: 0.71mg (35.33%), Vitamin A: 1406.68IU (28.13%), Magnesium: 70.51mg (17.63%), Folate: 63.33µg (15.83%), Iron: 2.65mg (14.71%), Potassium: 492.76mg (14.08%), Fiber: 3.49g (13.98%), Vitamin B1: 0.2mg (13.4%), Vitamin B5: 1.28mg (12.84%), Copper: 0.25mg (12.74%), Zinc: 1.81mg (12.09%), Vitamin B2: 0.2mg (11.56%), Vitamin E: 0.89mg (5.96%), Calcium: 55.14mg (5.51%), Vitamin B12: 0.29µg (4.87%)