



Peanut Noodles with Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



519 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon asian chile sauce
- 1 teaspoon sesame oil dark
- 8 ounces fettuccine barilla
- 0.5 cup cilantro leaves fresh chopped
- 1 tablespoon ginger fresh minced
- 2 garlic cloves minced
- 0.5 cup green onions chopped
- 0.3 cup hoisin sauce

- 0.3 cup peanut butter natural-style (such as Smucker's)
- 2 cups bell pepper red thinly sliced
- 2 cups roasted boneless skinless chopped (2 breasts)
- 1 tablespoon seasoned rice wine vinegar
- 0.7 cup water

Equipment

- bowl
- sauce pan
- whisk
- colander

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Combine chicken and bell peppers in a colander.
- Drain pasta over chicken mixture; let stand 5 minutes.
- Heat oil in a small saucepan over medium-high heat; add garlic and ginger. Cook 1 minute, stirring frequently; add water and next 4 ingredients (through chile sauce). Cook 1 minute or until thoroughly heated, stirring with a whisk.
- Combine pasta mixture and sauce in a large bowl; toss to coat. Stir in onions and cilantro.

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:18.8, Inflammation Score:-10, Nutrition Score:31.689999844717%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 519.28kcal (25.96%), Fat: 17.5g (26.93%), Saturated Fat: 3.59g (22.44%), Carbohydrates: 61.63g (20.54%), Net Carbohydrates: 56.07g (20.39%), Sugar: 13.09g (14.55%), Cholesterol: 96.31mg (32.1%), Sodium: 629.7mg (27.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.72g (61.44%), Vitamin C: 99.8mg (120.97%), Selenium: 70.45µg (100.65%), Vitamin B3: 13mg (64.99%), Vitamin A: 2651.43IU (53.03%), Vitamin B6: 1.05mg (52.28%), Manganese: 1.01mg (50.72%), Phosphorus: 403.8mg (40.38%), Vitamin K: 36.5µg (34.76%), Magnesium: 109.05mg (27.26%), Vitamin E: 3.69mg (24.6%), Potassium: 782.01mg (22.34%), Fiber: 5.56g (22.23%), Folate: 87.33µg (21.83%), Vitamin B5: 2.1mg (21%), Copper: 0.35mg (17.56%), Vitamin B2: 0.3mg (17.42%), Zinc: 2.42mg (16.11%), Vitamin B1: 0.23mg (15.13%), Iron: 2.54mg (14.12%), Calcium: 61.76mg (6.18%), Vitamin B12: 0.32µg (5.3%), Vitamin D: 0.25µg (1.63%)