



Quick Chicken Noodle Bowls

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon five spice chinese
- 6 cups chicken broth
- 1 lb skinned and boned chicken thighs
- 0.3 cup ginger fresh sliced
- 2 garlic cloves sliced
- 2 Tbsp juice of lime fresh
- 9.5 oz soba noodles
- 1 tablespoon soya sauce

1 leaves toppings: sugar snap peas fresh thinly sliced

Equipment

- bowl
- sauce pan
- slotted spoon
- tongs

Directions

- Bring first 5 ingredients to a boil in a 3-qt. saucepan over medium heat. Cover, reduce heat to low, and simmer 6 to 8 minutes or until chicken is done.
- Remove chicken, garlic, and ginger with a slotted spoon, reserving broth in saucepan. Discard garlic and ginger.
- Let chicken cool slightly (10 to 15 minutes); shred chicken.
- Return broth to a boil over medium heat.
- Add noodles and soy sauce; cook, stirring to separate noodles, 4 to 5 minutes or until just softened.
- Remove noodles from broth using tongs, and divide among 6 bowls.
- Place chicken and desired toppings on noodles. Return broth to a boil over medium heat; remove from heat, and stir in lime juice. Divide broth among bowls.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:13.72, Inflammation Score:-3, Nutrition Score:12.838695767133%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 279.75kcal (13.99%), Fat: 4.34g (6.68%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 36.47g (12.16%), Net Carbohydrates: 34.85g (12.67%), Sugar: 2.45g (2.73%), Cholesterol: 76.52mg (25.51%), Sodium: 1110.4mg (48.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.43g (44.86%), Selenium: 46.61µg (66.58%), Manganese: 0.58mg (28.94%), Vitamin B3: 5.68mg (28.39%), Phosphorus: 243.99mg (24.4%), Vitamin B6: 0.43mg (21.52%), Vitamin B2: 0.31mg (18.12%), Zinc: 2mg (13.32%), Magnesium: 47.85mg (11.96%), Vitamin B5: 1.16mg (11.57%), Copper: 0.23mg (11.44%), Vitamin B1: 0.16mg (10.97%), Potassium: 367.71mg (10.51%), Vitamin B12: 0.53µg (8.85%), Iron: 1.51mg (8.39%), Fiber: 1.62g (6.49%), Folate: 12.81µg (3.2%), Calcium: 30.16mg (3.02%), Vitamin C: 2.34mg (2.83%), Vitamin K: 2.31µg (2.2%), Vitamin E: 0.31mg (2.04%)