



Ramen Noodle Bowl

 Dairy Free

READY IN



68 min.

SERVINGS



6

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bacon smoked
- ☐ 1 carrots coarsely chopped
- ☐ 2 cups no-salt-added chicken stock
- ☐ 2 tablespoons sesame oil dark divided
- ☐ 0.5 ounce porcini mushrooms dried
- ☐ 3 large eggs
- ☐ 3 garlic cloves crushed
- ☐ 0.5 inch ginger cut into thin slices

- ☐ 0.8 cup green onion strips thinly sliced
- ☐ 2 tablespoons lower-sodium soy sauce
- ☐ 8 ounce gourmet mushrooms fresh
- ☐ 0.5 cup onion chopped
- ☐ 8 ounces japanese ramen noodles fresh chinese
- ☐ 6 skin-on boneless
- ☐ 4 cups water boiling
- ☐ 2 tablespoons miso yellow
- ☐ 2 tablespoons sambal oelek fresh (ground chile paste)

Equipment

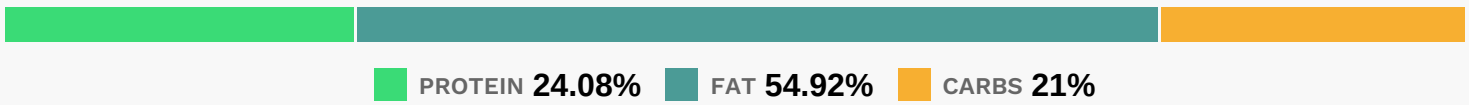
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Combine 4 cups boiling water and porcini; let stand 15 minutes.
- ☐ Drain through a sieve over a bowl; reserve porcini and soaking liquid. Slice porcini; set aside.
- ☐ Heat a Dutch oven over medium heat.
- ☐ Add bacon; cook until almost crisp. Increase heat to medium-high.
- ☐ Add onion and carrot; saut 2 minutes.
- ☐ Combine miso and soy sauce.
- ☐ Add miso mixture, porcini liquid, stock, garlic, and ginger to pan; bring to a boil. Reduce heat, and simmer for 20 minutes. Strain mixture through a sieve over a bowl; discard solids. Wipe pan clean. Return broth to pan; bring to a boil.
- ☐ Add noodles; cook 8 minutes or until tender.
- ☐ Remove from heat.

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 1 tablespoon sesame oil to pan; swirl.
- ☐ Add fresh mushrooms; saut 8 minutes.
- ☐ Remove from pan; combine porcini and fresh mushrooms.
- ☐ Add remaining 1 tablespoon sesame oil to pan; swirl.
- ☐ Add chicken, skin-side down; saut 7 minutes or until skin is very crisp and golden brown. Turn chicken over; saut 2 minutes or until done.
- ☐ Place eggs in a small saucepan; add water to cover. Bring to a boil; cook for 1 minute.
- ☐ Remove from heat; let stand 3 minutes.
- ☐ Drain; rinse under cold water.
- ☐ Drain and peel.
- ☐ Divide noodle mixture among 6 bowls; top each serving with 3 tablespoons mushroom mixture, 2 tablespoons green onions, 1 chicken thigh, 1/2 egg, and 1 teaspoon sambal.

Nutrition Facts



Properties

Glycemic Index:40.64, Glycemic Load:1.91, Inflammation Score:-8, Nutrition Score:20.33173892809%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 484.14kcal (24.21%), Fat: 29.58g (45.51%), Saturated Fat: 7.73g (48.31%), Carbohydrates: 25.45g (8.48%), Net Carbohydrates: 22.79g (8.29%), Sugar: 4.75g (5.28%), Cholesterol: 208.56mg (69.52%), Sodium: 749.84mg (32.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.18g (58.36%), Selenium: 36.76µg (52.51%), Vitamin B3: 8.77mg (43.84%), Vitamin A: 2065.91IU (41.32%), Vitamin B2: 0.57mg (33.38%), Phosphorus: 329.55mg (32.96%), Vitamin B6: 0.64mg (31.81%), Vitamin K: 32.26µg (30.73%), Vitamin B5: 2.73mg (27.34%), Copper: 0.45mg (22.36%), Potassium: 659.19mg (18.83%), Zinc: 2.59mg (17.3%), Vitamin B12: 0.98µg (16.39%), Iron: 2.89mg (16.06%), Vitamin B1: 0.2mg (13.65%), Magnesium: 48.93mg (12.23%), Folate: 45.95µg (11.49%), Manganese: 0.22mg

(11.02%), Fiber: 2.66g (10.62%), Vitamin C: 6.32mg (7.66%), Calcium: 55.88mg (5.59%), Vitamin D: 0.8µg (5.3%),
Vitamin E: 0.79mg (5.24%)