



## Saucy Chicken with Ramen Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups broccoli florets
- 1 tablespoon soya sauce low-sodium
- 2 teaspoons olive oil
- 9 ounce chicken ramen noodles flavored
- 2 cups bell pepper red chopped
- 1.5 pounds skinned cut into bite-size pieces

### Equipment

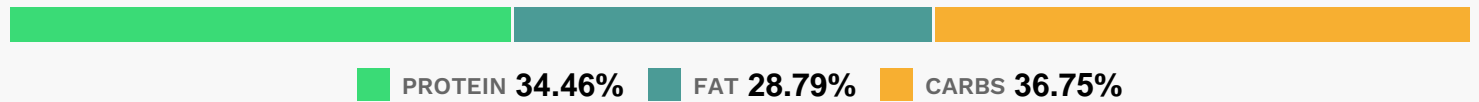
- bowl

frying pan

## Directions

- Remove seasoning packets from noodle packages; reserve 1 packet (discard remaining seasoning packets). Cook noodles according to package directions, omitting the seasoning packets (do not drain); keep warm.
- Combine chicken and reserved seasoning packet in a medium bowl.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add chicken mixture; saut 5 minutes or until done.
- Add broccoli and bell pepper; saut 2 minutes or until tender. Stir in soy sauce.
- Combine chicken mixture and noodles.

## Nutrition Facts



## Properties

Glycemic Index:12.33, Glycemic Load:8.82, Inflammation Score:-8, Nutrition Score:17.860434977905%

## Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

## Nutrients (% of daily need)

Calories: 234.14kcal (11.71%), Fat: 7.46g (11.47%), Saturated Fat: 2.74g (17.1%), Carbohydrates: 21.42g (7.14%), Net Carbohydrates: 19.53g (7.1%), Sugar: 2.19g (2.43%), Cholesterol: 48.38mg (16.13%), Sodium: 736.91mg (32.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.08g (40.16%), Vitamin C: 61.41mg (74.44%), Vitamin B3: 9.52mg (47.58%), Selenium: 27.57µg (39.39%), Vitamin B6: 0.73mg (36.27%), Vitamin B1: 0.37mg (24.87%), Vitamin A: 1188.77IU (23.78%), Vitamin K: 24.55µg (23.38%), Phosphorus: 217.4mg (21.74%), Folate: 63.81µg (15.95%), Vitamin B5: 1.38mg (13.82%), Potassium: 470.49mg (13.44%), Vitamin B2: 0.21mg (12.06%), Manganese: 0.24mg (12.05%), Iron: 1.74mg (9.64%), Vitamin E: 1.39mg (9.25%), Magnesium: 35.62mg (8.91%), Fiber: 1.89g (7.54%), Zinc: 0.86mg (5.73%), Copper: 0.09mg (4.31%), Vitamin B12: 0.22µg (3.7%), Calcium: 24.37mg (2.44%)