



Sesame Chicken and Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



486 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 ounces matchstick-cut carrots chopped
- 1 tablespoon brown sugar
- 2 teaspoons canola oil
- 0.8 pound chicken breast tenders cut into 1-inch pieces
- 0.3 cup creamy peanut butter natural-style reduced-fat (such as Smucker's)
- 0.5 cup less-sodium chicken broth fat-free
- 1.5 cups green onions thinly sliced (1 bunch)
- 1 tablespoon juice of lime fresh

- 2 tablespoons soya sauce low-sodium
- 0.5 teaspoon pepper sauce hot (such as Tabasco)
- 2 tablespoons rice vinegar
- 0.3 teaspoon salt
- 2 tablespoons sesame seed divided
- 8 ounces pasta like spaghetti uncooked

Equipment

- frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain, reserving 2 tablespoons cooking liquid.
- Combine broth, peanut butter, 1 1/2 tablespoons sesame seeds, and next 5 ingredients (through hot pepper sauce).
- Heat the oil in a large skillet over medium-high heat.
- Sprinkle the chicken with salt.
- Add chicken to pan; saut 3 minutes.
- Add carrots and onions; saut 2 minutes or until chicken is done. Stir in broth mixture.
- Add reserved cooking liquid and pasta to pan, tossing to coat. Top with remaining 1 1/2 teaspoons sesame seeds; serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:18.15, Inflammation Score:-10, Nutrition Score:29.92173918693%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin:

O.01mg, Naringenin: 0.01mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg
Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 485.62kcal (24.28%), Fat: 15.47g (23.8%), Saturated Fat: 2.72g (16.97%), Carbohydrates: 55.72g (18.57%),
Net Carbohydrates: 50.79g (18.47%), Sugar: 8.51g (9.45%), Cholesterol: 54.43mg (18.14%), Sodium: 763.47mg
(33.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.55g (63.11%), Selenium: 66.31µg (94.73%), Vitamin A:
4311.83IU (86.24%), Vitamin K: 82.03µg (78.12%), Vitamin B3: 12.77mg (63.87%), Manganese: 1.01mg (50.75%),
Vitamin B6: 0.89mg (44.68%), Phosphorus: 404.82mg (40.48%), Magnesium: 110.27mg (27.57%), Copper: 0.49mg
(24.49%), Potassium: 767.43mg (21.93%), Fiber: 4.93g (19.72%), Vitamin B5: 1.84mg (18.4%), Folate: 67.25µg
(16.81%), Iron: 2.9mg (16.1%), Vitamin E: 2.3mg (15.34%), Zinc: 2.28mg (15.21%), Vitamin B2: 0.23mg (13.3%), Vitamin
B1: 0.19mg (12.99%), Vitamin C: 10.31mg (12.49%), Calcium: 106.29mg (10.63%), Vitamin B12: 0.23µg (3.78%)