



Sesame Chicken and Noodles in Mushroom Broth

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



373 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 baby bok choy cut in half lengthwise
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound chicken cutlets
- ☐ 2 teaspoons fish sauce
- ☐ 2 inch ginger fresh sliced
- ☐ 2 garlic clove crushed
- ☐ 1 lime cut into 8 wedges

- ☐ 1 cup beef broth fat-free
- ☐ 4 teaspoons soy sauce
- ☐ 2 cups soup noodles fresh chinese-style uncooked
- ☐ 0.5 cup bell pepper red ()
- ☐ 1 serrano chiles thinly sliced
- ☐ 2 teaspoons sesame oil
- ☐ 0.3 cup sesame seed toasted
- ☐ 4 mushroom caps
- ☐ 1 cup water
- ☐ 1 quart water

Equipment

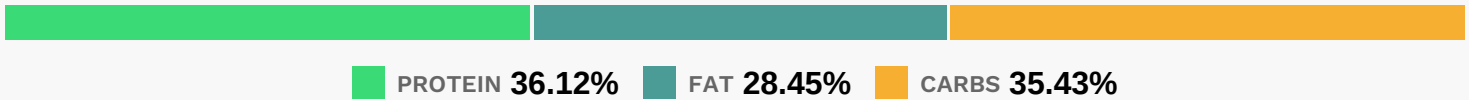
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Remove mushroom stems. Thinly slice caps; set caps aside. Bring stems, broth, and next 6 ingredients to a boil in a saucepan.
- ☐ Remove pan from heat.
- ☐ Bring 1 quart of water to a boil in a large saucepan.
- ☐ Add noodles; cook 3 minutes or until done.
- ☐ Drain.
- ☐ Sprinkle chicken with black pepper.
- ☐ Place seeds in a dish. Press seeds into both sides of chicken.
- ☐ Heat a nonstick skillet over medium-high heat.
- ☐ Add oil; swirl to coat.

- ☐ Add chicken; cook 3 minutes on each side or until done.
- ☐ Remove from pan.
- ☐ Add bok choy, cut sides down; cook 3 minutes or until browned.
- ☐ Add reserved mushroom slices and bell pepper. Strain broth mixture through a sieve into pan; cover and cook 2 minutes.
- ☐ Remove vegetables with a slotted spoon.
- ☐ Thinly slice chicken.
- ☐ Place 1/2 cup noodles, about 1/4 cup vegetables, and 4 ounces chicken into 4 shallow bowls. Spoon 1/4 cup broth mixture over each.
- ☐ Garnish each with two lime wedges.

Nutrition Facts



Properties

Glycemic Index:62.5, Glycemic Load:10.59, Inflammation Score:-10, Nutrition Score:31.904347533765%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 372.68kcal (18.63%), Fat: 11.82g (18.18%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 33.11g (11.04%), Net Carbohydrates: 28.11g (10.22%), Sugar: 3.63g (4.04%), Cholesterol: 72.57mg (24.19%), Sodium: 751.68mg (32.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.75g (67.5%), Vitamin A: 5670.4IU (113.41%), Vitamin C: 82.26mg (99.7%), Selenium: 60.98µg (87.11%), Vitamin B3: 13.85mg (69.24%), Vitamin B6: 1.15mg (57.26%), Phosphorus: 409.79mg (40.98%), Manganese: 0.73mg (36.7%), Copper: 0.73mg (36.44%), Calcium: 280.91mg (28.09%), Magnesium: 109.38mg (27.34%), Potassium: 816.93mg (23.34%), Iron: 3.84mg (21.35%), Vitamin B5: 2.1mg (20.97%), Fiber: 5g (19.99%), Zinc: 2.37mg (15.79%), Vitamin B1: 0.22mg (14.85%), Vitamin B2: 0.23mg (13.52%), Folate: 38.31µg (9.58%), Vitamin E: 0.68mg (4.54%), Vitamin B12: 0.24µg (4.02%), Vitamin K: 1.95µg (1.86%), Vitamin D: 0.17µg (1.13%)