



WHATSheATE



HEALTH SCORE

100%

Sesame Chicken Lo Mein



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



3

CALORIES



747 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cashew pieces
- ☐ 1 cup snow peas fresh trimmed
- ☐ 1 lb rye flakes green frozen giant®
- ☐ 1 teaspoon sesame oil
- ☐ 1 lb chicken breast halves boneless skinless cut into bite-sized strips

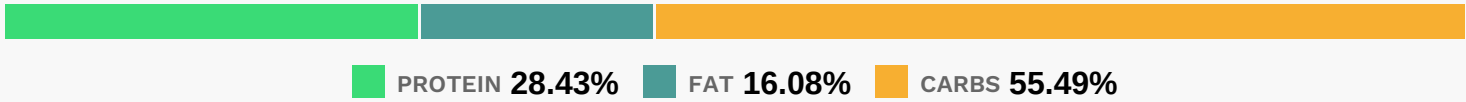
Equipment

- ☐ frying pan

Directions

- ☐ Spray large nonstick skillet with nonstick cooking spray.
- ☐ Heat over medium-high heat until hot.
- ☐ Add chicken; cook and stir 4 to 5 minutes or until chicken is no longer pink.
- ☐ Add sesame oil, frozen vegetables, sauce packet from meal starter and snow pea pods; cook and stir 7 to 10 minutes or until vegetables are crisp-tender.
- ☐ Sprinkle with cashews.

Nutrition Facts



Properties

Glycemic Index:8.4, Glycemic Load:0.73, Inflammation Score:-9, Nutrition Score:50.934782473937%

Nutrients (% of daily need)

Calories: 747.2kcal (37.36%), Fat: 14.11g (21.71%), Saturated Fat: 2.35g (14.69%), Carbohydrates: 109.58g (36.53%), Net Carbohydrates: 74.21g (26.99%), Sugar: 3.45g (3.84%), Cholesterol: 96.77mg (32.26%), Sodium: 179.5mg (7.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.14g (112.28%), Manganese: 10.41mg (520.53%), Selenium: 127.86µg (182.66%), Fiber: 35.37g (141.5%), Phosphorus: 1354.14mg (135.41%), Vitamin B3: 24.4mg (121.98%), Magnesium: 453.51mg (113.38%), Vitamin B6: 1.83mg (91.72%), Copper: 1.36mg (68.05%), Zinc: 10.05mg (67.02%), Iron: 11.63mg (64.63%), Potassium: 1799.46mg (51.41%), Vitamin B5: 4.76mg (47.6%), Vitamin B1: 0.64mg (42.99%), Vitamin B2: 0.64mg (37.48%), Vitamin C: 21.47mg (26.02%), Vitamin K: 21.24µg (20.23%), Vitamin E: 2.65mg (17.65%), Folate: 45.13µg (11.28%), Calcium: 110.25mg (11.03%), Vitamin A: 417.08IU (8.34%), Vitamin B12: 0.3µg (5.04%), Vitamin D: 0.15µg (1.01%)