



Sesame Noodles with Chicken

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



406 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 teaspoon pepper red crushed
- ☐ 1 kirby cucumber halved sliced
- ☐ 2 tablespoons brown sugar dark
- ☐ 0.3 cup dry-roasted peanuts chopped
- ☐ 1 pound extra wide egg noodles chinese
- ☐ 1 inch ginger fresh peeled
- ☐ 1 garlic clove peeled
- ☐ 6 servings kosher salt

- ☐ 1 tablespoon rice vinegar
- ☐ 6 scallions white green sliced and parts
- ☐ 2 tablespoons sesame oil toasted
- ☐ 1 cup meat from a rotisserie chicken shredded cooked
- ☐ 0.5 cup smooth peanut butter
- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup water hot

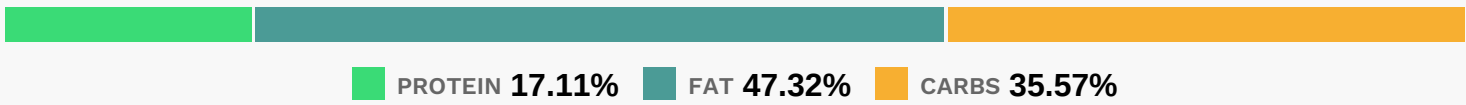
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

Directions

- ☐ Game Plan: Make the sauce while the noodles cook.
- ☐ Bring a large pot of cold water to a boil over high heat. When the pasta water boils, salt it generously, add the spaghetti or noodles, and cook, stirring occasionally, until al dente.
- ☐ Drain and rinse under cold running water.
- ☐ Put the spaghetti in a large bowl and toss with the sesame oil.
- ☐ To make the Peanut Sauce: In a blender drop in the garlic and ginger while the motor is running. When the chopping is complete, stop the machine and add the peanut butter, soy sauce, brown sugar, vinegar, and red pepper. Process until smooth, then--with the blender running--slowly pour in the water.
- ☐ To serve, toss the spaghetti with the Peanut Sauce, then top with the cucumber, chicken, scallions, and peanuts.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.96, Inflammation Score:-5, Nutrition Score:11.652173866396%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 406.02kcal (20.3%), Fat: 21.85g (33.62%), Saturated Fat: 4.49g (28.08%), Carbohydrates: 36.97g (12.32%), Net Carbohydrates: 33.02g (12.01%), Sugar: 8.07g (8.97%), Cholesterol: 17.5mg (5.83%), Sodium: 1007.29mg (43.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.78g (35.56%), Vitamin B3: 6.12mg (30.58%), Manganese: 0.59mg (29.31%), Vitamin K: 29.41µg (28.01%), Phosphorus: 170.91mg (17.09%), Magnesium: 65.21mg (16.3%), Iron: 2.91mg (16.18%), Fiber: 3.95g (15.78%), Vitamin E: 2.2mg (14.69%), Vitamin B6: 0.27mg (13.69%), Folate: 43.99µg (11%), Selenium: 7.47µg (10.67%), Copper: 0.21mg (10.64%), Potassium: 360.65mg (10.3%), Zinc: 1.22mg (8.13%), Vitamin B5: 0.72mg (7.18%), Vitamin B2: 0.12mg (7.1%), Vitamin B1: 0.09mg (6.21%), Vitamin C: 4.07mg (4.94%), Vitamin A: 239.38IU (4.79%), Calcium: 42.8mg (4.28%), Vitamin B12: 0.07µg (1.13%)