Sesame Noodles with Chicken

Dairy Free Very Healthy

READY IN	SERVINGS	CALORIES
45 min.	5	438 kcal

SIDE DISH LUNCH MAIN COURSE MAIN DISH

Ingredients

- [ ] 1 cup baby carrots
- [ ] 2 cups chicken breast strips/pre-cooked/chopped cooked chopped
- [ ] 1 cup spring onion thinly sliced
- [ ] 1 tablespoon ground ginger fresh (such as Spice World)
- [ ] 8 ounces pasta uncooked
- [ ] 2 tablespoons soy sauce low-sodium
- [ ] 0.5 cup peanut butter reduced-fat
- [ ] 2 tablespoons rice vinegar

- [ ] 2 tablespoons sesame seed toasted
- [ ] 2 teaspoons sriracha such as huy fong) hot
- [ ] 0.7 cup vegetable stock organic (such as Swanson's Certified)

Equipment

- [ ] food processor
- [ ] bowl

Directions

- [ ] Cook pasta according to package directions, omitting salt and fat.
- [ ] Add carrots to pasta during the last 3 minutes of cooking.
- [ ] Drain well.
- [ ] Combine broth and next 5 ingredients (through Sriracha) in a food processor; process until smooth.
- [ ] Combine pasta mixture, chicken, and onions in a large bowl.
- [ ] Drizzle broth mixture over pasta mixture; toss well.
- [ ] Sprinkle with sesame seeds.

Nutrition Facts

PROTEIN **28.78%** FAT **26.9%** CARBS **44.32%**

Properties

Glycemic Index:40.8, Glycemic Load:14.23, Inflammation Score:-10, Nutrition Score:25.371304413547%

Flavonoids

Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 438.43kcal (21.92%), Fat: 13.18g (20.28%), Saturated Fat: 2.44g (15.26%), Carbohydrates: 48.89g (16.3%), Net Carbohydrates: 44.26g (16.1%), Sugar: 5.65g (6.28%), Cholesterol: 47.6mg (15.87%), Sodium: 605.42mg (26.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.74g (63.49%), Vitamin A: 3811.32IU (76.23%), Selenium: 48.13µg (68.76%), Manganese: 1.32mg (65.99%), Vitamin B3: 12.78mg (63.91%), Vitamin K: 44.22µg

(42.12%), Phosphorus: 356.04mg (35.6%), Vitamin B6: 0.56mg (28.19%), Magnesium: 108.63mg (27.16%), Copper: 0.49mg (24.49%), Fiber: 4.62g (18.49%), Vitamin E: 2.68mg (17.86%), Potassium: 586.12mg (16.75%), Iron: 2.95mg (16.37%), Zinc: 2.38mg (15.87%), Vitamin B1: 0.2mg (13.15%), Folate: 51.74µg (12.94%), Vitamin B5: 1.16mg (11.57%), Vitamin B2: 0.16mg (9.3%), Calcium: 84.32mg (8.43%), Vitamin C: 5.63mg (6.82%), Vitamin B12: 0.19µg (3.17%)