



Shanghai Chicken and Noodles

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



471 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounces fettuccine barilla uncooked
- ☐ 0.3 cup hoisin sauce
- ☐ 3 ounces mushrooms sliced
- ☐ 1 pound pork chops fresh refrigerated () (5 cups)
- ☐ 1.3 pounds chicken breast boneless skinless cut into 1/4-inch slices

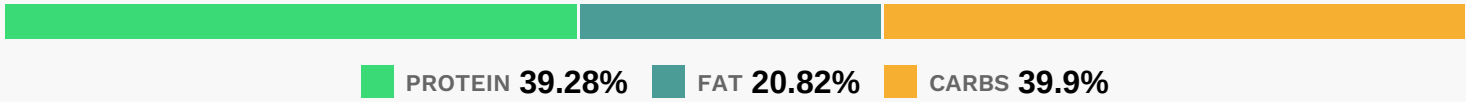
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Cook and drain fettuccine as directed on package.
- ☐ Meanwhile, spray nonstick wok or 12-inch skillet with cooking spray; heat over medium-high heat.
- ☐ Add chicken; cook and stir 3 to 4 minutes or until brown.
- ☐ Add vegetables and mushrooms; cook and stir about 3 minutes or until vegetables are crisp-tender and chicken is no longer pink in center.
- ☐ Stir hoisin sauce into chicken mixture.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute.
- ☐ Add fettuccine; toss until well coated and heated through.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:17.06, Inflammation Score:-4, Nutrition Score:24.470435075138%

Nutrients (% of daily need)

Calories: 470.96kcal (23.55%), Fat: 10.65g (16.38%), Saturated Fat: 3.13g (19.56%), Carbohydrates: 45.92g (15.31%), Net Carbohydrates: 43.59g (15.85%), Sugar: 4.47g (4.97%), Cholesterol: 159.1mg (53.03%), Sodium: 344.15mg (14.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.2g (90.4%), Selenium: 101.47µg (144.95%), Vitamin B3: 17.73mg (88.66%), Vitamin B6: 1.4mg (70.05%), Phosphorus: 522.49mg (52.25%), Vitamin B1: 0.67mg (44.87%), Manganese: 0.54mg (27%), Vitamin B5: 2.63mg (26.33%), Potassium: 828.68mg (23.68%), Vitamin B2: 0.37mg (21.6%), Magnesium: 81.14mg (20.28%), Zinc: 2.92mg (19.46%), Copper: 0.3mg (14.8%), Vitamin B12: 0.76µg (12.66%), Iron: 1.99mg (11.06%), Fiber: 2.33g (9.33%), Folate: 25.27µg (6.32%), Vitamin D: 0.6µg (3.97%), Vitamin E: 0.52mg (3.47%), Calcium: 33.95mg (3.4%), Vitamin C: 1.48mg (1.79%), Vitamin A: 67.21IU (1.34%)