



Singapore Noodles



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



399 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 0.7 cup carrots julienned
- ☐ 3 tablespoons curry powder
- ☐ 6 egg noodle nests dry chinese
- ☐ 6 cloves garlic minced
- ☐ 2 tablespoons slivered ginger fresh
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 cup oyster sauce

- ☐ 0.3 cup peanut butter
- ☐ 0.3 cup vegetable oil; peanut oil preferred
- ☐ 2 teaspoons pepper flakes red crushed
- ☐ 1 pound chicken breast halves boneless skinless
- ☐ 2 teaspoons soya sauce
- ☐ 30 ounce straw mushrooms whole drained canned

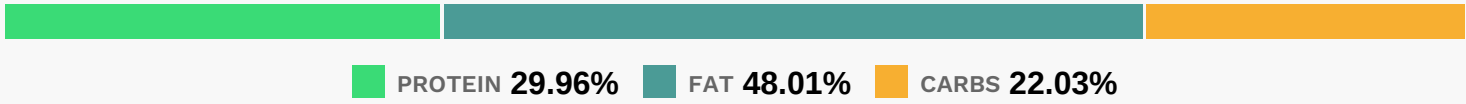
Equipment

- ☐ pot
- ☐ wok

Directions

- ☐ Bring a large pot of lightly-salted water to a rolling boil; add the egg noodle nests and return to a boil. Turn off the heat and let stand for 5 minutes; drain and set aside.
- ☐ Heat the peanut oil in a wok over high heat. Stir in the garlic, ginger, and red pepper flakes; cook a few seconds until the garlic begins to turn golden.
- ☐ Add the chicken, green onions, and carrots. Cook and stir until the chicken is no longer pink, about 5 minutes. Stir in the water chestnuts, mushrooms, peanut butter, oyster sauce, curry powder, and soy sauce until the peanut butter has dissolved into the sauce.
- ☐ Stir the noodles into the chicken mixture; cover and reduce heat to warm or very low.
- ☐ Let stand 10 to 15 minutes for the noodles to absorb some of the sauce.

Nutrition Facts



Properties

Glycemic Index:26.31, Glycemic Load:1.19, Inflammation Score:-9, Nutrition Score:26.808695959008%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 399.39kcal (19.97%), Fat: 22.25g (34.23%), Saturated Fat: 4.65g (29.06%), Carbohydrates: 22.97g (7.66%), Net Carbohydrates: 15.51g (5.64%), Sugar: 3.78g (4.2%), Cholesterol: 212.06mg (70.69%), Sodium: 1144.77mg (49.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.24g (62.48%), Selenium: 61.68µg (88.12%), Vitamin A: 2919.15IU (58.38%), Vitamin B3: 10.49mg (52.44%), Vitamin B6: 0.92mg (46.02%), Phosphorus: 409.74mg (40.97%), Manganese: 0.62mg (31.04%), Fiber: 7.46g (29.84%), Vitamin E: 4.34mg (28.93%), Iron: 5.04mg (27.99%), Vitamin B2: 0.46mg (26.9%), Vitamin B5: 2.61mg (26.14%), Folate: 103.44µg (25.86%), Potassium: 732.49mg (20.93%), Copper: 0.42mg (20.9%), Zinc: 2.72mg (18.12%), Magnesium: 70.42mg (17.61%), Vitamin K: 17.62µg (16.78%), Vitamin B12: 0.58µg (9.71%), Vitamin B1: 0.14mg (9.07%), Calcium: 84.66mg (8.47%), Vitamin D: 0.96µg (6.37%), Vitamin C: 4.96mg (6.01%)