



 **54%**  
HEALTH SCORE

## Soba Noodles with Broccoli and Chicken

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**368 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup bell pepper strips red (1-inch)
- 3 cups broccoli florets
- 0.8 pound chicken breast tenders cut into bite-sized pieces
- 0.5 teaspoon pepper red crushed
- 1.5 teaspoons sesame oil dark
- 2 garlic cloves minced
- 1 tablespoon bottled ground ginger fresh (such as Spice World)
- 1 teaspoon honey

- 3 tablespoons soya sauce low-sodium
- 3 cups mushrooms quartered
- 2 tablespoons rice vinegar
- 0.3 cup sake dry (rice wine)
- 6 ounces soba uncooked (buckwheat noodles)
- 1 tablespoon vegetable oil divided

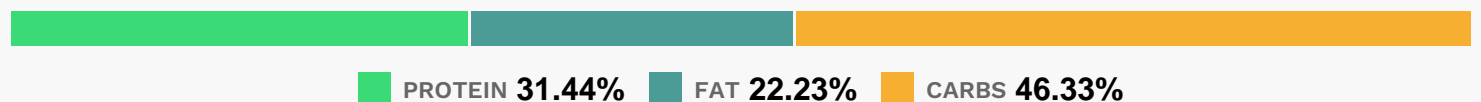
## Equipment

- bowl
- frying pan

## Directions

- Cook noodles according to package directions; drain.
- Combine sake and the next 4 ingredients (sake through crushed red pepper) in a small bowl; set aside.
- Heat 2 teaspoons of vegetable oil in a large nonstick skillet over medium-high heat.
- Add chicken; stir-fry 4 minutes or until done.
- Remove chicken from pan; keep warm.
- Heat 1 teaspoon vegetable oil and sesame oil in pan over medium-high heat.
- Add mushrooms and remaining ingredients; stir-fry 4 minutes or until broccoli is crisp-tender. Return chicken to pan; stir in sake mixture. Cook 1 minute or until thoroughly heated.
- Serve over noodles.

## Nutrition Facts



## Properties

Glycemic Index:73.82, Glycemic Load:16.42, Inflammation Score:-9, Nutrition Score:35.720000111538%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 5.36mg, Kaempferol: 5.36mg, Kaempferol: 5.36mg, Kaempferol: 5.36mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg

## **Nutrients (% of daily need)**

Calories: 367.89kcal (18.39%), Fat: 9.29g (14.29%), Saturated Fat: 1.71g (10.68%), Carbohydrates: 43.55g (14.52%), Net Carbohydrates: 35.64g (12.96%), Sugar: 5.87g (6.52%), Cholesterol: 54.43mg (18.14%), Sodium: 564.37mg (24.54%), Alcohol: 1.54g (100%), Alcohol %: 0.56% (100%), Protein: 29.55g (59.1%), Vitamin C: 111.58mg (135.25%), Vitamin B3: 15.57mg (77.85%), Vitamin K: 78.43µg (74.69%), Manganese: 1.3mg (65.21%), Selenium: 40.28µg (57.54%), Vitamin B6: 1.09mg (54.39%), Phosphorus: 470.97mg (47.1%), Vitamin B2: 0.7mg (41.45%), Magnesium: 158.94mg (39.74%), Copper: 0.78mg (39%), Vitamin B5: 3.39mg (33.87%), Vitamin A: 1691.64IU (33.83%), Potassium: 1114.87mg (31.85%), Fiber: 7.91g (31.65%), Folate: 94.27µg (23.57%), Zinc: 2.45mg (16.35%), Vitamin B1: 0.23mg (15.6%), Iron: 2.8mg (15.54%), Vitamin E: 1.73mg (11.56%), Calcium: 59.25mg (5.93%), Vitamin B12: 0.2µg (3.31%), Vitamin D: 0.23µg (1.53%)