



Soba Noodles with Chicken and Vegetables

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

READY IN



45 min.

SERVINGS



6

CALORIES



348 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon canola oil
- 1 large carrots cut into julienne strips
- 1 pound chicken breast tenders cut into bite-size pieces
- 0.5 cup less-sodium chicken broth fat-free
- 1 teaspoon ginger fresh grated peeled
- 1 teaspoon garlic minced
- 3 tablespoons soya sauce low-sodium
- 2 tablespoons mirin sweet (rice wine)

- 2 tablespoons oyster sauce
- 1 tablespoon sesame seed toasted
- 12 ounce soba (buckwheat noodles)
- 1 teaspoon sriracha (such as huy fong) hot
- 2 large zucchini cut into julienne strips (2 cups)

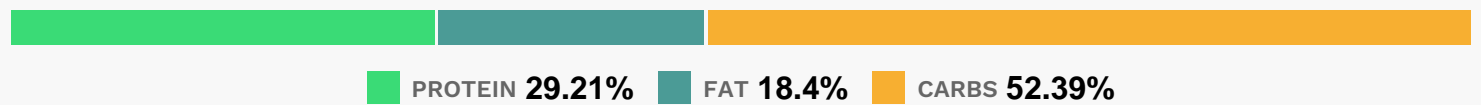
Equipment

- bowl
- frying pan

Directions

- Combine first 5 ingredients in a small bowl.
- Prepare noodles according to package directions, omitting salt and fat.
- Drain and rinse with cold water; drain.
- Heat canola oil in a large nonstick skillet over medium-high heat.
- Add garlic, ginger, and chicken to pan; saut for 3 minutes, stirring constantly.
- Add broth mixture, zucchini, and carrot to pan; cook 3 minutes, stirring constantly.
- Add noodles; cook for 2 minutes or until thoroughly heated, tossing well.
- Sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:32.31, Glycemic Load:18.96, Inflammation Score:-9, Nutrition Score:25.357825859733%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.46mg, Quercetin: 9.46mg, Quercetin: 9.46mg, Quercetin: 9.46mg

Nutrients (% of daily need)

Calories: 348.31kcal (17.42%), Fat: 7.33g (11.28%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 46.96g (15.65%), Net Carbohydrates: 39.63g (14.41%), Sugar: 3.35g (3.72%), Cholesterol: 48.38mg (16.13%), Sodium: 652.32mg (28.36%), Alcohol: 0.81g (100%), Alcohol %: 0.35% (100%), Protein: 26.19g (52.37%), Vitamin B3: 12.82mg (64.11%), Manganese: 1.04mg (51.88%), Magnesium: 182.68mg (45.67%), Vitamin B6: 0.91mg (45.6%), Vitamin A: 2243.98IU (44.88%), Selenium: 30.45µg (43.5%), Phosphorus: 426.94mg (42.69%), Copper: 0.78mg (39.01%), Fiber: 7.33g (29.33%), Vitamin B2: 0.46mg (27.05%), Vitamin C: 21.56mg (26.14%), Potassium: 908.85mg (25.97%), Vitamin B5: 2.08mg (20.83%), Zinc: 2.36mg (15.71%), Folate: 54.15µg (13.54%), Iron: 2.32mg (12.89%), Vitamin B1: 0.18mg (11.93%), Vitamin K: 8.05µg (7.67%), Calcium: 54.51mg (5.45%), Vitamin E: 0.8mg (5.32%), Vitamin B12: 0.21µg (3.56%)