



Spicy Asian Noodles with Chicken

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

READY IN



45 min.

SERVINGS



4

CALORIES



356 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 teaspoons chili paste depending on your taste pref with garlic (such as sambal oelek)
- 1 tablespoon sesame oil dark divided
- 2 tablespoons roasted peanuts chopped
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon ginger fresh grated peeled
- 2 garlic clove minced
- 0.5 cup spring onion chopped
- 2 tablespoons hoisin sauce

- 3 tablespoons soy sauce
- 6.8 ounce rice thin (rice-flour noodles)
- 2 tablespoons rice vinegar
- 2 cups chicken breast boneless skinless cooked chopped

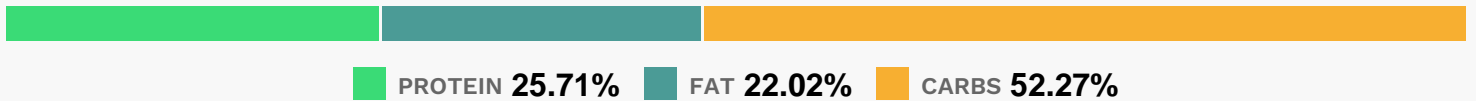
Equipment

- bowl
- frying pan

Directions

- Heat 2 teaspoons oil in a small skillet over medium-high heat.
- Add ginger and garlic to pan; cook 45 seconds, stirring constantly.
- Place in a large bowl. Stir in remaining 1 teaspoon oil, chicken, and next 6 ingredients.
- Cook noodles according to package directions.
- Drain and rinse under cold water; drain.
- Cut noodles into smaller pieces.
- Add noodles to bowl; toss well to coat.
- Sprinkle with peanuts.
- Cooking Tip If you purchase deli-roasted chicken from the grocery store, be sure to ask about the ingredients used when preparing it. Some stores use flour in the seasoning that coats it.

Nutrition Facts



Properties

Glycemic Index:55.05, Glycemic Load:23.4, Inflammation Score:-4, Nutrition Score:15.019565292027%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg,

Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 356.35kcal (17.82%), Fat: 8.57g (13.19%), Saturated Fat: 1.45g (9.04%), Carbohydrates: 45.8g (15.27%), Net Carbohydrates: 44g (16%), Sugar: 2.87g (3.19%), Cholesterol: 48.24mg (16.08%), Sodium: 676.24mg (29.4%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 22.52g (45.05%), Vitamin B3: 9.71mg (48.53%), Selenium: 32.18µg (45.97%), Manganese: 0.78mg (38.92%), Vitamin B6: 0.71mg (35.58%), Vitamin K: 29.75µg (28.33%), Phosphorus: 264.44mg (26.44%), Vitamin B5: 1.69mg (16.95%), Potassium: 485.47mg (13.87%), Magnesium: 54.33mg (13.58%), Copper: 0.2mg (9.97%), Vitamin B2: 0.16mg (9.67%), Zinc: 1.26mg (8.39%), Vitamin B1: 0.12mg (7.71%), Folate: 29.35µg (7.34%), Fiber: 1.81g (7.23%), Iron: 1.28mg (7.1%), Vitamin C: 4.51mg (5.46%), Vitamin A: 220.2IU (4.4%), Calcium: 41.95mg (4.2%), Vitamin E: 0.42mg (2.81%), Vitamin B12: 0.15µg (2.5%)