



## Sticky chicken stir-fry with sesame seeds

 Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 extra wide egg noodles dried
- ☐ 1 tsp unrefined sunflower oil
- ☐ 2 chicken breast sliced into strips
- ☐ 3 large carrots cut into matchsticks
- ☐ 2 tbsp clear honey
- ☐ 2 juice of lime
- ☐ 3 tbsp sesame seed toasted
- ☐ 1 small bunch cilantro leaves roughly chopped

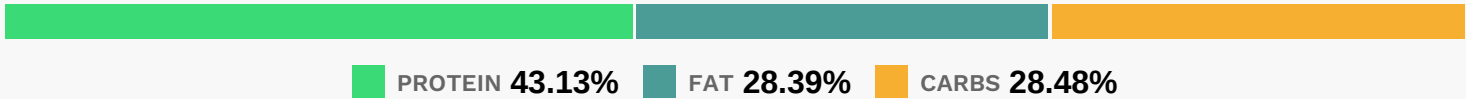
# Equipment

- ☐ wok
- ☐ tongs

# Directions

- ☐ Cook the noodles according to pack instructions, then drain. Meanwhile, heat the oil in a large wok, add the chicken, then stir-fry over a high heat for a few mins. Tip in the carrot sticks, then continue stir-frying for about 4 mins until the chicken is cooked and starting to brown.
- ☐ Quickly stir in the honey and lime juice, bubble for 30 secs, then add the sesame seeds and cooked noodles. (Its easier to use tongs at this stage to mix everything together.) Warm everything through briefly, then toss in the coriander just before serving.

# Nutrition Facts



# Properties

Glycemic Index:105.05, Glycemic Load:13.31, Inflammation Score:-10, Nutrition Score:36.089565080145%

# Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

# Nutrients (% of daily need)

Calories: 475.27kcal (23.76%), Fat: 15.15g (23.31%), Saturated Fat: 2.49g (15.57%), Carbohydrates: 34.2g (11.4%), Net Carbohydrates: 29.28g (10.65%), Sugar: 22.96g (25.51%), Cholesterol: 145.48mg (48.49%), Sodium: 341.65mg (14.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.79g (103.59%), Vitamin A: 18397.04IU (367.94%), Vitamin B3: 25.38mg (126.88%), Selenium: 78.09µg (111.56%), Vitamin B6: 1.97mg (98.65%), Phosphorus: 606.68mg (60.67%), Potassium: 1314.28mg (37.55%), Vitamin B5: 3.61mg (36.05%), Copper: 0.69mg (34.42%), Magnesium: 123.54mg (30.89%), Manganese: 0.57mg (28.41%), Vitamin K: 27.41µg (26.11%), Vitamin C: 19.27mg (23.36%), Vitamin B1: 0.33mg (22.31%), Vitamin B2: 0.34mg (20.11%), Fiber: 4.92g (19.7%), Calcium: 187.05mg (18.71%), Iron: 3.33mg (18.5%), Zinc: 2.73mg (18.17%), Vitamin E: 2.27mg (15.13%), Folate: 48.85µg (12.21%), Vitamin B12: 0.45µg (7.58%), Vitamin D: 0.23µg (1.53%)