



Stir-Fried Chicken and Rice Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



359 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cups broccoli florets fresh
- 4 teaspoons canola oil divided
- 0.8 teaspoon chili powder
- 2.5 teaspoons cornstarch
- 0.3 cup chop roasted peanuts unsalted dry
- 2 teaspoons ginger fresh minced
- 3 garlic clove minced
- 0.7 cup spring onion chopped

- 0.5 cup chicken broth reduced-sodium
- 0.3 cup soy sauce reduced-sodium
- 3 ounces vermicelli thick uncooked
- 3 ounces vermicelli thick uncooked
- 2 teaspoons sesame oil
- 1.5 pounds chicken breast boneless skinless cut into 1-inch cubes
- 2 tablespoons sugar
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- frying pan
- ziploc bags
- wok

Directions

- In a small bowl, combine the cornstarch, soy sauce, wine or broth and sesame oil until smooth.
- Pour 1/4 cup marinade into a large resealable plastic bag; add the chicken. Seal bag and turn to coat; refrigerate for 20 minutes.
- Add the broth, sugar, Worcestershire sauce and chili powder to remaining marinade; set aside.
- Cook rice noodles according to package directions. Meanwhile, drain and discard marinade from chicken. In a large nonstick skillet or wok, stir-fry chicken in 2 teaspoons canola oil until juices run clear; remove and keep warm.
- Stir-fry broccoli in remaining canola oil for 5 minutes.
- Add the onions, garlic and ginger; stir-fry 3-5 minutes longer or until broccoli is tender. Return chicken to the pan. Stir reserved broth mixture and stir into pan. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Drain noodles; toss with chicken mixture.
- Garnish with peanuts.

Nutrition Facts

PROTEIN 33.35% FAT 26.66% CARBS 39.99%

Properties

Glycemic Index:49.18, Glycemic Load:17.13, Inflammation Score:-7, Nutrition Score:22.98347826626%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.72mg, Kaempferol: 3.72mg, Kaempferol: 3.72mg, Kaempferol: 3.72mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 358.99kcal (17.95%), Fat: 10.61g (16.33%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 35.82g (11.94%), Net Carbohydrates: 33.13g (12.05%), Sugar: 5.75g (6.39%), Cholesterol: 72.57mg (24.19%), Sodium: 782.85mg (34.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.88g (59.76%), Vitamin K: 72.04µg (68.61%), Vitamin B3: 13.63mg (68.17%), Selenium: 42.75µg (61.08%), Vitamin C: 44.91mg (54.43%), Vitamin B6: 1.02mg (50.93%), Phosphorus: 372.84mg (37.28%), Manganese: 0.49mg (24.66%), Potassium: 745.36mg (21.3%), Vitamin B5: 2.04mg (20.44%), Magnesium: 67.19mg (16.8%), Vitamin B2: 0.24mg (14.19%), Folate: 53.87µg (13.47%), Fiber: 2.69g (10.76%), Vitamin E: 1.58mg (10.56%), Vitamin A: 504.76IU (10.1%), Zinc: 1.44mg (9.59%), Vitamin B1: 0.14mg (9.38%), Iron: 1.67mg (9.3%), Copper: 0.14mg (7.14%), Calcium: 55.55mg (5.56%), Vitamin B12: 0.25µg (4.11%)