



Stir-Fried Chicken with Vegetables and Lo Mein Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons bourbon
- ☐ 1 cup broccoli florets
- ☐ 0.5 cup carrots diagonally sliced
- ☐ 8 ounce crimini mushrooms quartered
- ☐ 0.8 cup fat-skimmed beef broth fat-free
- ☐ 0.5 cup spring onion sliced (1-inch)
- ☐ 10 ounce lo mein noodles uncooked

- ☐ 2 teaspoons soy sauce low-sodium
- ☐ 1 tablespoon oyster sauce
- ☐ 0.5 teaspoon salt
- ☐ 1 pound chicken breast cut into 1/2-inch-wide strips
- ☐ 2 teaspoons sugar
- ☐ 8 ounce sugar snap peas frozen thawed
- ☐ 2 teaspoons vegetable oil divided

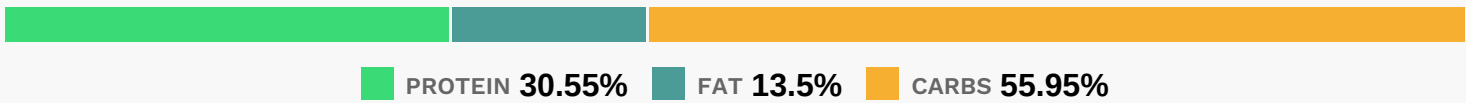
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 6 ingredients in a small bowl.
- ☐ Combine 1/4 cup broth mixture and chicken in a bowl. Reserve the remaining broth mixture.
- ☐ Prepare noodles according to package directions, omitting salt; drain noodles, and keep warm.
- ☐ Heat 1 teaspoon vegetable oil in a large nonstick skillet until hot.
- ☐ Add the chicken mixture, and stir-fry for 5 minutes or until done.
- ☐ Remove the chicken from pan, and keep warm.
- ☐ Heat 1 teaspoon vegetable oil in pan until hot.
- ☐ Add the broccoli and remaining ingredients, and stir-fry for 5 minutes or until crisp-tender. Return the chicken and reserved broth mixture to pan; cover and cook over medium heat for 2 minutes or until thoroughly heated.
- ☐ Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:39.18, Glycemic Load:1.91, Inflammation Score:-9, Nutrition Score:24.016956606637%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 379.72kcal (18.99%), Fat: 5.49g (8.45%), Saturated Fat: 0.84g (5.27%), Carbohydrates: 51.18g (17.06%), Net Carbohydrates: 47.61g (17.31%), Sugar: 5.4g (6%), Cholesterol: 58.06mg (19.35%), Sodium: 840.5mg (36.54%), Alcohol: 2g (100%), Alcohol %: 0.77% (100%), Protein: 27.95g (55.9%), Selenium: 42.6µg (60.85%), Vitamin B3: 12.02mg (60.09%), Vitamin A: 2871.72IU (57.43%), Vitamin C: 47.18mg (57.18%), Vitamin K: 55.78µg (53.13%), Vitamin B6: 0.87mg (43.31%), Phosphorus: 297.27mg (29.73%), Vitamin B5: 2.51mg (25.08%), Vitamin B2: 0.4mg (23.7%), Potassium: 775.06mg (22.14%), Copper: 0.32mg (16.22%), Fiber: 3.58g (14.31%), Folate: 56.08µg (14.02%), Manganese: 0.28mg (13.85%), Vitamin B1: 0.2mg (13.33%), Magnesium: 47.78mg (11.95%), Iron: 1.87mg (10.37%), Zinc: 1.32mg (8.81%), Calcium: 55.46mg (5.55%), Vitamin E: 0.79mg (5.27%), Vitamin B12: 0.31µg (5.16%)