



HEALTH SCORE

61%

Stir-Fry Chicken Lo Mein



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



6

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 22 ounce grilled and grilled chicken breast strips frozen fully cooked tyson® ready®
- ☐ 1 pound pasta prepared
- ☐ 2 cups mushrooms fresh sliced
- ☐ 0.7 cup stir-fry sauce
- ☐ 2 cups pepper stir-fry sweet frozen
- ☐ 2 tablespoons vegetable oil

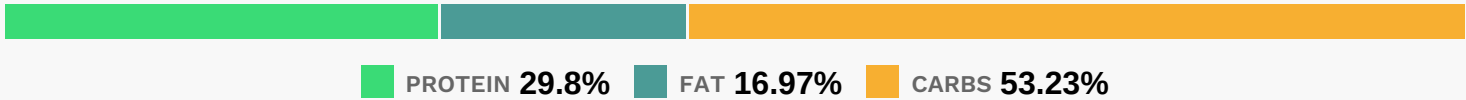
Equipment

- ☐ frying pan

Directions

- ☐ Prepare Grilled & Ready® Frozen Grilled Chicken Breast Strips according to package directions.
- ☐ Meanwhile, in a large skillet, cook and stir mushrooms in hot oil for 4 minutes.
- ☐ Add sweet pepper; cook and stir for 2 minutes.
- ☐ Add chicken and stir-fry sauce; cook and stir until heated through.
- ☐ Serve over hot cooked linguine.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:20.64, Inflammation Score:-8, Nutrition Score:38.949130169723%

Nutrients (% of daily need)

Calories: 568.09kcal (28.4%), Fat: 11.65g (17.93%), Saturated Fat: 2.99g (18.68%), Carbohydrates: 82.25g (27.42%), Net Carbohydrates: 60.61g (22.04%), Sugar: 7.63g (8.48%), Cholesterol: 88.36mg (29.45%), Sodium: 410.5mg (17.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.05g (92.1%), Manganese: 10.33mg (516.67%), Vitamin K: 137.75µg (131.19%), Fiber: 21.63g (86.53%), Vitamin B3: 16.61mg (83.06%), Selenium: 55.49µg (79.27%), Copper: 1.28mg (63.86%), Iron: 9.87mg (54.82%), Vitamin B6: 0.92mg (46.18%), Magnesium: 181.49mg (45.37%), Phosphorus: 432.97mg (43.3%), Potassium: 1449.22mg (41.41%), Calcium: 371.21mg (37.12%), Vitamin B5: 2.67mg (26.7%), Vitamin B2: 0.4mg (23.78%), Zinc: 2.53mg (16.87%), Vitamin B1: 0.2mg (13.27%), Vitamin E: 1.52mg (10.13%), Vitamin A: 453.21IU (9.06%), Folate: 28.3µg (7.07%), Vitamin B12: 0.37µg (6.1%), Vitamin D: 0.17µg (1.12%)