



Teriyaki Chicken with Soba

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



663 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 anaheim seeded cut into thin strips
- 1 cup chicken stock see
- 4 servings sea salt and coarse pepper black
- 2 tablespoons high-temperature cooking oil
- 3 tablespoons cooking sherry dry
- 2 slices ginger root fresh thin
- 2 cloves garlic crushed
- 2 cloves garlic thinly sliced

- 3 tablespoons mirin
- 1 bunch scallions cut into 2-inch pieces
- 24 ounce chicken breasts boneless skinless
- 12 ounce soba noodles
- 0.3 cup soya sauce
- 3 tablespoons sugar
- 2 tablespoons worcestershire sauce

Equipment

- bowl
- frying pan
- pot
- stove

Directions

- Watch how to make this recipe.
- Place a pot of water on the stove for the soba and bring to a boil.
- Place the stock, tamari, mirin, sherry, sugar, Worcestershire, ginger and garlic in small pot. Bring to a rolling boil and reduce by half, 15 to 20 minutes over medium heat. Reduce the heat to a low boil or rolling simmer.
- Add the oil to a skillet and heat over high heat.
- Sprinkle the chicken with lightly with salt and more aggressively with pepper. Cook 8 to 9 minutes, turning occasionally, then remove from the heat. Raise the heat again to high.
- Add the peppers and stir for a few minutes, but keep them tender-crisp.
- Add the scallions and garlic and toss 1 minute, then remove from the heat.
- Cook the soba according to package instructions, a couple of minutes, to al dente.
- Drain.
- Place a quarter of the soba noodles in shallow bowls or on plates. Top with a few peppers and scallions. Slice 1 chicken breast per portion and fan on top of the soba.
- Pour the sauce evenly over the dishes and serve.

Nutrition Facts

PROTEIN 31.21% FAT 17.2% CARBS 51.59%

Properties

Glycemic Index:67.4, Glycemic Load:40.35, Inflammation Score:-8, Nutrition Score:33.542608836423%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 663.01kcal (33.15%), Fat: 12.91g (19.87%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 87.17g (29.06%), Net Carbohydrates: 85.76g (31.19%), Sugar: 15.83g (17.59%), Cholesterol: 110.66mg (36.89%), Sodium: 2442.52mg (106.2%), Alcohol: 2.43g (100%), Alcohol %: 0.68% (100%), Protein: 52.72g (105.45%), Vitamin B3: 22.6mg (113%), Vitamin B6: 1.73mg (86.74%), Selenium: 56.48µg (80.69%), Manganese: 1.37mg (68.43%), Vitamin C: 53.22mg (64.51%), Phosphorus: 640.74mg (64.07%), Vitamin B1: 0.6mg (39.97%), Magnesium: 145.72mg (36.43%), Vitamin B5: 3.4mg (33.96%), Potassium: 1160.74mg (33.16%), Iron: 4.35mg (24.15%), Vitamin B2: 0.4mg (23.56%), Vitamin K: 22.46µg (21.39%), Folate: 75.1µg (18.77%), Copper: 0.37mg (18.69%), Zinc: 2.78mg (18.52%), Vitamin E: 1.83mg (12.21%), Calcium: 70.12mg (7.01%), Vitamin A: 339.78IU (6.8%), Vitamin B12: 0.34µg (5.67%), Fiber: 1.41g (5.62%), Vitamin D: 0.17µg (1.13%)