



Thai Chicken Noodle Bowls



Gluten Free



Dairy Free

READY IN



532 min.

SERVINGS



6

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 carrots peeled cut into ribbons (2 cups)
- ☐ 1 teaspoon roasted chile paste red
- ☐ 1.5 teaspoons roasted chile paste red
- ☐ 2 tablespoons dry-roasted peanuts unsalted finely chopped
- ☐ 1 tablespoon fish sauce
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.5 cup cilantro leaves fresh chopped

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup green onions finely chopped (4 onions)
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 tablespoons juice of lime fresh
- ☐ 6 lime wedges
- ☐ 2 tablespoons lower-sodium soy sauce
- ☐ 6 ounces rice sticks uncooked (rice-flour noodles)
- ☐ 0.3 cup rice vinegar
- ☐ 2 tablespoons rice vinegar
- ☐ 36 ounce chicken breast halves boneless skinless

Equipment

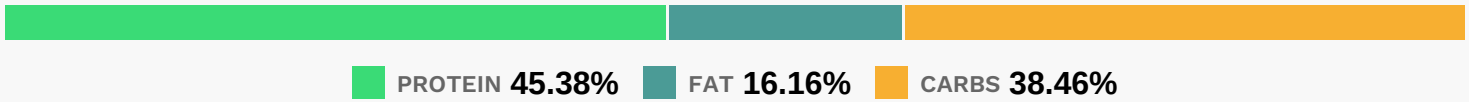
- ☐ bowl
- ☐ grill
- ☐ ziploc bags
- ☐ peeler

Directions

- ☐ To prepare marinade, combine first 9 ingredients in a large heavy-duty zip-top plastic bag; add chicken. Seal bag; marinate in refrigerator overnight.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Let stand at room temperature 30 minutes.
- ☐ While chicken stands, cook noodles according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ To prepare sauce, combine 1/4 cup rice vinegar and next 6 ingredients (through chile paste) in a small bowl.

- ☐ Preheat grill to medium-high heat.
- ☐ Place chicken on grill rack coated with cooking spray. Cook 6 minutes on each side or until done.
- ☐ Let stand 5 minutes.
- ☐ Cut chicken crosswise into slices.
- ☐ Place 3/4 cup noodles and slices from 1 chicken breast half in each of 6 bowls. Top each serving with 1/3 cup carrot, about 3 tablespoons cucumber, 2 teaspoons basil, and 1 teaspoon peanuts.
- ☐ Drizzle each serving with 1 1/2 teaspoons sauce, and serve with 1 lime wedge.
- ☐ Tips: To make carrot ribbons, use a vegetable peeler.

Nutrition Facts



Properties

Glycemic Index:77.67, Glycemic Load:15.05, Inflammation Score:-10, Nutrition Score:25.769999892815%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 8.41mg, Hesperetin: 8.41mg, Hesperetin: 8.41mg, Hesperetin: 8.41mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 364.01kcal (18.2%), Fat: 6.4g (9.84%), Saturated Fat: 1.29g (8.08%), Carbohydrates: 34.26g (11.42%), Net Carbohydrates: 32.14g (11.69%), Sugar: 5.86g (6.51%), Cholesterol: 108.86mg (36.29%), Sodium: 659.37mg (28.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.43g (80.86%), Vitamin B3: 19.2mg (95.99%), Selenium: 59.8µg (85.43%), Vitamin A: 3672.42IU (73.45%), Vitamin B6: 1.42mg (71.22%), Phosphorus: 431.86mg (43.19%), Vitamin B5: 2.92mg (29.18%), Manganese: 0.55mg (27.25%), Potassium: 867.26mg (24.78%), Vitamin K: 23.46µg (22.34%), Magnesium: 74.74mg (18.69%), Vitamin C: 13.34mg (16.17%), Vitamin B2: 0.23mg (13.51%), Vitamin B1: 0.17mg (11.51%), Zinc: 1.56mg (10.38%), Copper: 0.19mg (9.35%), Fiber: 2.12g (8.48%), Iron: 1.44mg (8%), Folate: 29.03µg (7.26%), Vitamin B12: 0.35µg (5.91%), Calcium: 51.09mg (5.11%), Vitamin E: 0.66mg (4.38%), Vitamin D: 0.17µg (1.13%)