



## Thai Peanut Chicken and Noodles

 Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



399 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 oz extra wide egg noodles uncooked fine
- 0.3 cup creamy peanut butter
- 0.5 teaspoon ginger finely chopped
- 0.3 teaspoon pepper red crushed
- 0.3 cup soya sauce
- 0.3 cup water
- 1 tablespoon vegetable oil
- 2 cups broccoli florets fresh

- 4 oz mushrooms fresh sliced
- 1 cup baby carrots quartered
- 1 medium bell pepper cut into thin bite-size strips (any color)
- 9 oz roasted chicken diced frozen thawed cooked
- 0.3 cup roasted peanuts coarsely chopped

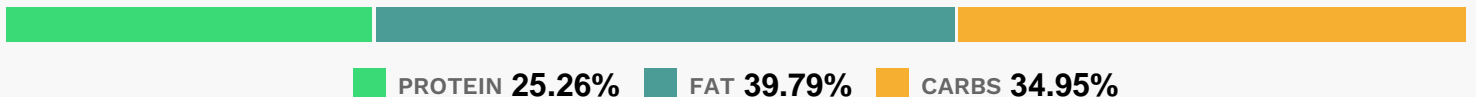
## Equipment

- bowl
- frying pan
- whisk

## Directions

- Cook and drain noodles as directed on package; cover to keep warm.
- Meanwhile, in small bowl, beat peanut butter, gingerroot, pepper flakes and 2 tablespoons of the soy sauce with wire whisk until blended. Gradually beat in remaining 2 tablespoons soy sauce and the water until smooth. Set aside.
- In 12-inch nonstick skillet, heat oil over medium-high heat. Cook broccoli, mushrooms, carrots and bell pepper in oil 4 to 6 minutes, stirring occasionally, until vegetables are crisp-tender.
- Add chicken; cook and stir until hot.
- Reduce heat to medium. Stir peanut butter mixture; stir into mixture in skillet. Stir in cooked noodles until coated. Cook and stir until hot.
- Sprinkle with peanuts.

## Nutrition Facts



## Properties

Glycemic Index:36.8, Glycemic Load:11.51, Inflammation Score:-10, Nutrition Score:27.490000310151%

## Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 2.86mg, Kaempferol: 2.86mg, Kaempferol: 2.86mg, Kaempferol: 2.86mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

## Nutrients (% of daily need)

Calories: 399.09kcal (19.95%), Fat: 18.13g (27.89%), Saturated Fat: 3.67g (22.95%), Carbohydrates: 35.83g (11.94%), Net Carbohydrates: 30.89g (11.23%), Sugar: 5.49g (6.1%), Cholesterol: 66.85mg (22.28%), Sodium: 816.67mg (35.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.89g (51.78%), Vitamin A: 4573.85IU (91.48%), Vitamin C: 64.09mg (77.68%), Selenium: 43.82µg (62.61%), Vitamin B3: 9.44mg (47.2%), Vitamin K: 46.02µg (43.83%), Manganese: 0.87mg (43.65%), Phosphorus: 324.28mg (32.43%), Vitamin B6: 0.57mg (28.39%), Magnesium: 84.61mg (21.15%), Folate: 79.49µg (19.87%), Fiber: 4.94g (19.75%), Vitamin B2: 0.32mg (18.72%), Potassium: 654.68mg (18.71%), Copper: 0.37mg (18.56%), Vitamin B5: 1.82mg (18.16%), Zinc: 2.33mg (15.52%), Vitamin E: 2.22mg (14.83%), Iron: 2.66mg (14.77%), Vitamin B1: 0.2mg (13.49%), Calcium: 62.33mg (6.23%), Vitamin B12: 0.26µg (4.26%)