



Thai Rice Noodles with Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



378 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup torn basil fresh
- ☐ 1 tablespoon brown sugar
- ☐ 4 teaspoons canola oil divided
- ☐ 1.5 teaspoons chile paste fresh with garlic (such as sambal oelek)
- ☐ 1 tablespoon fish sauce
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 1 teaspoon garlic minced
- ☐ 3 tablespoons thinly green onions diagonally sliced

- ☐ 0.3 cup lemongrass very thinly sliced (tough outer stalks removed)
- ☐ 0.3 cup juice of lime fresh divided
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 8 ounces thick rice noodles
- ☐ 0.3 teaspoon salt divided
- ☐ 0.3 cup very thinly shallots vertically sliced
- ☐ 12 ounce chicken breast halves boneless skinless cut into 3/4-inch cubes
- ☐ 1 tablespoon water

Equipment

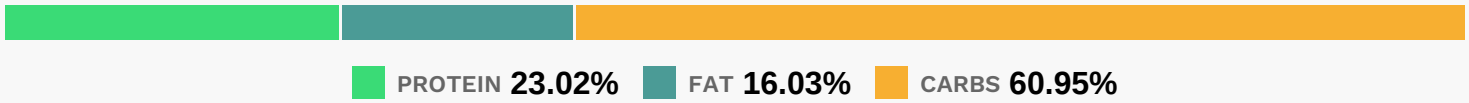
- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Combine 2 tablespoons juice and chicken in a bowl.
- ☐ Let stand 15 minutes.
- ☐ Soak noodles in hot water 15 minutes or until somewhat soft but still slightly chewy.
- ☐ Drain well.
- ☐ Combine remaining 2 tablespoons juice, sugar, and next 4 ingredients (through chile paste). Stir in 1/8 teaspoon salt.
- ☐ Heat a large wok or skillet over medium-high heat.
- ☐ Add 1 teaspoon oil to pan; swirl to coat.
- ☐ Remove chicken from juice; discard juice.
- ☐ Add chicken to pan; stir-fry 4 minutes or until done.
- ☐ Transfer to large bowl; sprinkle with remaining 1/8 teaspoon salt.
- ☐ Add remaining 1 tablespoon oil to pan.
- ☐ Add green onions, ginger, and garlic; stir-fry 45 seconds or just until golden and fragrant.
- ☐ Add noodles; cook 30 seconds, tossing well. Stir in sugar mixture.

- ☐
- Add chicken; cook 30 seconds.
- ☐
- Place 1 1/4 cups noodle mixture on each of 4 plates. Top each with 2 tablespoons basil, 1 tablespoon lemongrass, and 1 tablespoon shallots.

Nutrition Facts



Properties

Glycemic Index:58.75, Glycemic Load:27.62, Inflammation Score:-5, Nutrition Score:14.826087197532%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 378.13kcal (18.91%), Fat: 6.62g (10.18%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 56.63g (18.88%), Net Carbohydrates: 54.96g (19.99%), Sugar: 4.81g (5.35%), Cholesterol: 54.43mg (18.14%), Sodium: 849.2mg (36.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.39g (42.78%), Selenium: 36.63µg (52.33%), Vitamin B3: 9.34mg (46.68%), Vitamin B6: 0.75mg (37.58%), Manganese: 0.64mg (32.24%), Phosphorus: 293.28mg (29.33%), Vitamin K: 25.03µg (23.84%), Potassium: 493.4mg (14.1%), Vitamin B5: 1.34mg (13.42%), Magnesium: 50.14mg (12.53%), Vitamin C: 8.82mg (10.69%), Iron: 1.55mg (8.6%), Zinc: 1.17mg (7.83%), Vitamin B2: 0.13mg (7.41%), Fiber: 1.67g (6.68%), Vitamin E: 0.97mg (6.48%), Vitamin B1: 0.1mg (6.42%), Copper: 0.12mg (6.14%), Folate: 24.05µg (6.01%), Vitamin A: 241.37IU (4.83%), Calcium: 40.96mg (4.1%), Vitamin B12: 0.19µg (3.19%)