



WHATSheATE



Turkey Noodle Stir-Fry



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



597 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 9 ounces asian egg noodles fresh
- ☐ 2 tablespoons garlic minced
- ☐ 2 tablespoons ginger minced
- ☐ 0.3 cup green onions sliced
- ☐ 0.8 cup chicken broth reduced-sodium
- ☐ 3 tablespoons soya sauce reduced-sodium
- ☐ 2 cups mushrooms quartered
- ☐ 1 cup bell pepper red sliced

- ☐ 2 cups rotisserie chicken cut cubed cooked
- ☐ 1 tablespoon sesame oil
- ☐ 1.5 teaspoons sesame seed toasted
- ☐ 8 ounces snow peas
- ☐ 1 tablespoon vegetable oil

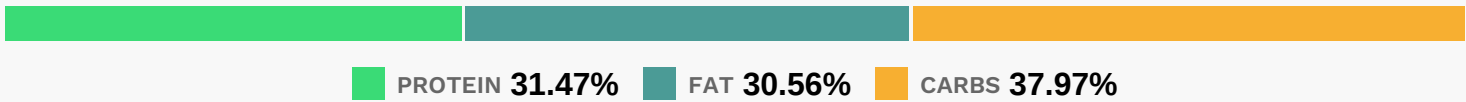
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Cook noodles according to package directions; drain and spread out on a serving platter.
- ☐ Heat oils in a large wok or frying pan over high heat.
- ☐ Add garlic, ginger, bell pepper, mushrooms, and snow peas and cook until fragrant and peas are bright green, about 4 minutes.
- ☐ Add turkey, broth, and soy sauce and cook, stirring once, until mixture is hot, about 3 minutes.
- ☐ Pour over noodles and sprinkle with onions and sesame seeds.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:20.47, Inflammation Score:-9, Nutrition Score:25.621304589769%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 596.63kcal (29.83%), Fat: 20.52g (31.56%), Saturated Fat: 4.55g (28.45%), Carbohydrates: 57.35g (19.12%), Net Carbohydrates: 52.02g (18.92%), Sugar: 6.37g (7.07%), Cholesterol: 167.14mg (55.71%), Sodium: 877.53mg (38.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.54g (95.08%), Vitamin C: 85.31mg

(103.4%), Selenium: 56.11µg (80.16%), Manganese: 0.9mg (45.11%), Vitamin A: 1884.9IU (37.7%), Vitamin K: 36.06µg (34.34%), Phosphorus: 282.28mg (28.23%), Copper: 0.48mg (23.87%), Vitamin B6: 0.48mg (23.77%), Vitamin B3: 4.64mg (23.21%), Vitamin B2: 0.38mg (22.47%), Fiber: 5.33g (21.32%), Folate: 78.12µg (19.53%), Vitamin B5: 1.92mg (19.18%), Magnesium: 74.5mg (18.63%), Iron: 3.34mg (18.54%), Vitamin B1: 0.28mg (18.37%), Potassium: 631.89mg (18.05%), Zinc: 2mg (13.34%), Vitamin E: 1.48mg (9.84%), Calcium: 75.74mg (7.57%), Vitamin B12: 0.25µg (4.14%), Vitamin D: 0.29µg (1.92%)