



Udon Noodles with Chicken, Shellfish, and Vegetables

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



362 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup carrots thinly sliced
- ☐ 1 ounce mushroom caps fresh stemmed (4)
- ☐ 0.5 cup soy sauce light
- ☐ 8 littleneck clams scrubbed
- ☐ 0.3 cup rice wine sweet (Japanese rice wine)
- ☐ 5 cabbage leaves
- ☐ 2 spring onion white green julienned (and parts)

- ☐ 4 ounces shrimp deveined peeled (12)
- ☐ 8 ounces chicken thighs boneless skinless cut into bite-size pieces
- ☐ 1 cup snow peas cut in half crosswise
- ☐ 2 cups pkt spinach packed
- ☐ 8 ounces udon noodles dried

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Bring large pot water to boil over high heat. Have ready large bowl ice water.
- ☐ Add carrots, snow peas, cabbage, and spinach to boiling water and blanch until crisp-tender, about 30 seconds. Using slotted spoon, transfer vegetables to ice water to stop cooking (reserve boiling water), then transfer to colander to drain. Set aside.
- ☐ Boil noodles in same water until just tender, following package instructions.
- ☐ Drain and transfer to 4 warmed bowls.
- ☐ In medium saucepan over moderately high heat, combine dashi, soy sauce, and mirin. Bring to simmer, then add chicken, mushrooms, clams, and shrimp. Simmer until chicken is cooked through, mushrooms are tender, clams open, and shrimp are opaque, about 5 minutes. (Discard any unopened clams.)
- ☐ Divide vegetables between bowls atop noodles, then ladle hot broth, chicken, mushrooms, clams, and shrimp over.
- ☐ Serve immediately.

Nutrition Facts



 PROTEIN **35.06%**  FAT **11.12%**  CARBS **53.82%**

Properties

Glycemic Index:68.54, Glycemic Load:21.58, Inflammation Score:-10, Nutrition Score:23.68521746086%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 361.8kcal (18.09%), Fat: 4.36g (6.7%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 47.42g (15.81%), Net Carbohydrates: 41.68g (15.16%), Sugar: 8.64g (9.59%), Cholesterol: 100.77mg (33.59%), Sodium: 2421.32mg (105.27%), Alcohol: 2.41g (100%), Alcohol %: 1.02% (100%), Protein: 30.89g (61.78%), Vitamin A: 5879.63IU (117.59%), Vitamin K: 110.83µg (105.55%), Vitamin C: 30.91mg (37.47%), Vitamin B3: 5.26mg (26.32%), Phosphorus: 262.65mg (26.27%), Vitamin B6: 0.52mg (25.9%), Manganese: 0.49mg (24.39%), Fiber: 5.74g (22.97%), Selenium: 15.54µg (22.2%), Folate: 84.06µg (21.01%), Potassium: 611.82mg (17.48%), Magnesium: 64.04mg (16.01%), Vitamin B2: 0.25mg (14.45%), Iron: 2.59mg (14.38%), Vitamin B12: 0.84µg (13.96%), Copper: 0.26mg (13.13%), Vitamin B5: 1.2mg (12.02%), Zinc: 1.77mg (11.81%), Vitamin B1: 0.15mg (10.09%), Calcium: 96.15mg (9.62%), Vitamin E: 0.76mg (5.09%)