



WHATSheATE



Udon Peanut Butter Noodles



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



458 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup chicken broth
- ☐ 2 teaspoons chili oil
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1.5 tablespoons ginger root fresh minced
- ☐ 3 cloves garlic minced
- ☐ 0.3 cup green onions chopped
- ☐ 1.5 tablespoons honey
- ☐ 3 tablespoons peanut butter

- ☐ 0.3 cup peanuts chopped
- ☐ 1 bell pepper red thinly sliced
- ☐ 1 large rotisserie chicken cut whole
- ☐ 3 tablespoons soya sauce
- ☐ 9 ounce udon noodles dried

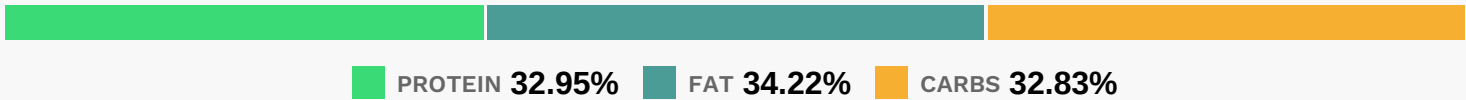
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot with lightly salted water to a rolling boil. Drop the udon in a few noodles at a time and return to a boil. Cook uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, 10 to 12 minutes.
- ☐ Drain; return to the pot.
- ☐ While the udon noodles are cooking, whisk the chicken broth, ginger, soy sauce, peanut butter, honey, chile oil, and garlic in a saucepan over medium-high heat. Bring to a boil, whisking until the peanut butter has melted.
- ☐ Pour the sauce over the noodles.
- ☐ Add the chicken and red bell pepper; toss until the noodles are evenly coated in the sauce.
- ☐ Sprinkle with green onions, chopped peanuts, and cilantro to serve.

Nutrition Facts



Properties

Glycemic Index:48.98, Glycemic Load:18.13, Inflammation Score:-6, Nutrition Score:8.0430434401269%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 457.74kcal (22.89%), Fat: 17.9g (27.54%), Saturated Fat: 3.65g (22.8%), Carbohydrates: 38.63g (12.88%), Net Carbohydrates: 34.64g (12.59%), Sugar: 10.25g (11.39%), Cholesterol: 96.39mg (32.13%), Sodium: 1470.83mg (63.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.77g (77.54%), Vitamin C: 26.93mg (32.64%), Manganese: 0.4mg (19.84%), Fiber: 3.99g (15.97%), Vitamin A: 708.04IU (14.16%), Vitamin B3: 2.68mg (13.42%), Vitamin K: 12.52µg (11.92%), Folate: 35.65µg (8.91%), Vitamin E: 1.29mg (8.58%), Magnesium: 33.37mg (8.34%), Vitamin B6: 0.16mg (7.93%), Phosphorus: 73.32mg (7.33%), Copper: 0.12mg (6.1%), Potassium: 185.83mg (5.31%), Vitamin B1: 0.08mg (5.23%), Iron: 0.83mg (4.6%), Vitamin B2: 0.07mg (4.37%), Zinc: 0.49mg (3.26%), Vitamin B5: 0.31mg (3.14%), Calcium: 21.11mg (2.11%), Selenium: 1.23µg (1.76%)