



Updated Chicken Chow Mein

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup slivered basil leaves
- ☐ 1 pound chicken sausages plain fresh cut into 1/2-inch pieces
- ☐ 1 cup chicken stock see mixed with 3 tablespoons of hoisin sauce and 2 teaspoons of cornstarch
- ☐ 2 long chiles fresh red hot seeded thinly sliced
- ☐ 0.5 pound extra wide egg noodles fresh chinese cooked
- ☐ 4 garlic minced
- ☐ 2 tablespoons ginger minced
- ☐ 0.3 cup orange juice fresh

- ☐ 4 servings salt
- ☐ 4 ounces snow peas cut in half
- ☐ 5 tablespoons vegetable oil

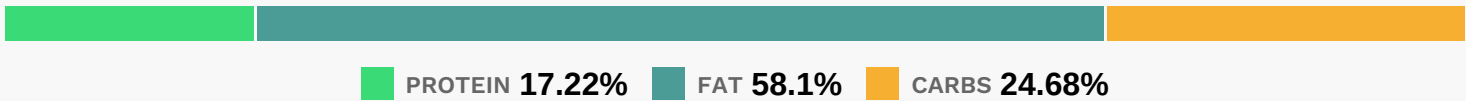
Equipment

- ☐ wok

Directions

- ☐ In a wok, heat 2 tablespoons of the oil.
- ☐ Add the chicken sausage and stir-fry over high heat, breaking it up, until just cooked through, 3 minutes.
- ☐ Transfer to a plate.
- ☐ Heat the remaining 3 tablespoons of oil in the wok.
- ☐ Add the garlic and ginger and stir-fry over moderately high heat until golden, 1 1/2 minutes. Off the heat, stir in the snow peas and chiles for 1 minute.
- ☐ Add the orange juice and stir over moderately high heat for 30 seconds.
- ☐ Add the sausage, noodles and stock mixture, season with salt and stir-fry until the sauce is thickened, about 2 minutes.
- ☐ Remove from the heat, stir in the basil and serve.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:2.22, Inflammation Score:-7, Nutrition Score:12.021739151167%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 533.23kcal (26.66%), Fat: 35.1g (54%), Saturated Fat: 6.72g (42.02%), Carbohydrates: 33.56g (11.19%), Net Carbohydrates: 31.13g (11.32%), Sugar: 7.04g (7.82%), Cholesterol: 81.86mg (27.29%), Sodium: 1540.49mg (66.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.41g (46.81%), Vitamin C: 63.03mg (76.4%), Vitamin K: 54.15µg (51.57%), Vitamin A: 1124.31IU (22.49%), Iron: 3.26mg (18.1%), Vitamin B6: 0.25mg (12.58%), Vitamin E: 1.72mg (11.45%), Manganese: 0.21mg (10.36%), Fiber: 2.43g (9.72%), Vitamin B3: 1.55mg (7.77%), Potassium: 268.93mg (7.68%), Folate: 28.8µg (7.2%), Vitamin B1: 0.11mg (7.08%), Vitamin B2: 0.11mg (6.24%), Copper: 0.12mg (6.07%), Magnesium: 20.83mg (5.21%), Phosphorus: 51.87mg (5.19%), Vitamin B5: 0.33mg (3.28%), Calcium: 30.83mg (3.08%), Selenium: 2.11µg (3.02%), Zinc: 0.3mg (2.01%)