



Vegetable and Chicken Lo Mein

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons canola oil divided
- 1 cup carrots shredded
- 1 cup celery thinly sliced
- 3 tablespoons cilantro leaves chopped
- 1.5 cups roasted chicken cooked chopped
- 0.8 pound egg noodles fresh chinese (lo mein)
- 1 tablespoon ginger fresh minced
- 4 teaspoons garlic minced

- 0.3 cup spring onion thinly sliced
- 0.3 cup hoisin sauce
- 0.8 cup bean sprouts
- 1 cup onion red thinly sliced
- 1 teaspoon sesame oil toasted
- 2 tablespoons soya sauce

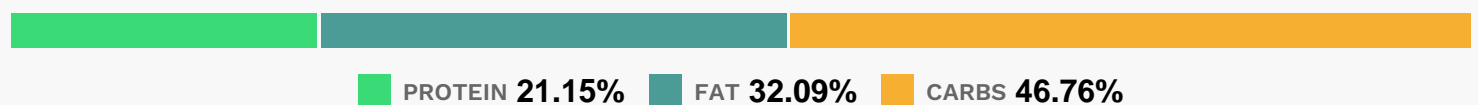
Equipment

- bowl
- frying pan
- pot

Directions

- Cook noodles in a large pot of salted boiling water until just tender to the bite, 4 to 5 minutes.
- Drain and mix with sesame oil. In a small bowl, combine hoisin and soy sauce.
- Pour 1 tbsp. canola oil into a 12-in. nonstick frying pan over medium-high heat.
- Add ginger, garlic, green onions, carrots, celery, and red onion, and stir often just until softened, 2 to 4 minutes.
- Add chicken and bean sprouts and stir just until warm. Turn out into a bowl and keep warm.
- Wipe frying pan clean.
- Pour remaining 1 tbsp. oil into pan over medium heat.
- Add noodles; stir and turn occasionally until light brown, 3 to 5 minutes.
- Pour hoisin mixture and chicken mixture over noodles, add cilantro, and mix gently.
- *To substitute fresh angel hair pasta for Chinese egg noodles, use 9 oz. and cook 45 seconds.

Nutrition Facts



Properties

Glycemic Index:57.46, Glycemic Load:2.46, Inflammation Score:-10, Nutrition Score:16.95565215401%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.42mg, Quercetin: 9.42mg, Quercetin: 9.42mg, Quercetin: 9.42mg

Nutrients (% of daily need)

Calories: 393.3kcal (19.67%), Fat: 14.01g (21.56%), Saturated Fat: 2.61g (16.33%), Carbohydrates: 45.93g (15.31%), Net Carbohydrates: 41.02g (14.92%), Sugar: 10.31g (11.45%), Cholesterol: 39.89mg (13.3%), Sodium: 1012.39mg (44.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.78g (41.57%), Vitamin A: 5590.34IU (111.81%), Vitamin K: 41.66µg (39.68%), Vitamin B3: 5.36mg (26.82%), Vitamin B6: 0.42mg (20.87%), Selenium: 14.24µg (20.34%), Fiber: 4.91g (19.63%), Iron: 3.32mg (18.46%), Phosphorus: 166.83mg (16.68%), Manganese: 0.33mg (16.31%), Vitamin C: 10.94mg (13.27%), Potassium: 459.12mg (13.12%), Vitamin B2: 0.21mg (12.18%), Folate: 48.67µg (12.17%), Vitamin E: 1.65mg (11.03%), Magnesium: 36.71mg (9.18%), Vitamin B5: 0.86mg (8.58%), Zinc: 1.22mg (8.16%), Copper: 0.16mg (7.77%), Vitamin B1: 0.11mg (7.4%), Calcium: 57.91mg (5.79%), Vitamin B12: 0.15µg (2.54%)