



Worms and Eyeballs

 Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup carrots shredded
- 4 servings salt and coarse pepper black
- 1 pound bucatini pasta cooked
- 2 cloves garlic chopped
- 2 tablespoons ginger root chopped
- 1.5 pounds ground chicken breast
- 2 tablespoons hoisin barbecue sauce chinese sauce, style
- 1 cup bean spouts

- 1 cup snow pea pods
- 0.8 small bell pepper red sliced
- 1 small bell pepper red thinly sliced finely chopped
- 2 scallions finely chopped
- 0.3 cup soya sauce dark (Tamari)
- 3 tablespoons vegetable oil divided

Equipment

- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 400 degrees F.
- Combine chicken, garlic, ginger, scallions, finely chopped red bell pepper, hoisin and salt and pepper.
- Roll meatballs into the size of chicken eyeballs.
- Place balls on a nonstick cookie sheet and coat lightly with vegetable oil, about 1 1/2 tablespoons.
- Roll balls around with your hands to gently coat with the oil. Roast the chicken eyeballs 10 to 12 minutes in a very hot oven.
- About 5 minutes from the meatballs coming out of the oven, start stir-frying the veggies.
- Heat a large nonstick skillet over high heat.
- Add remaining 1 1/2 tablespoons vegetable oil.
- Add the sliced red bell pepper, carrots, spouts and pea pods to hot pan. Stir fry 1 minute, then drain noodles and add them to the vegetables.
- Add dark soy sauce to the noodles and toss to combine and evenly coat.
- Transfer noodles to a serving platter and top with chicken eyeballs.

Nutrition Facts



■ PROTEIN **26.87%** ■ FAT **38.74%** ■ CARBS **34.39%**

Properties

Glycemic Index:66.58, Glycemic Load:18.01, Inflammation Score:-10, Nutrition Score:33.070434922757%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 587.46kcal (29.37%), Fat: 25.4g (39.08%), Saturated Fat: 5.73g (35.82%), Carbohydrates: 50.73g (16.91%), Net Carbohydrates: 44.43g (16.16%), Sugar: 8.44g (9.38%), Cholesterol: 146.28mg (48.76%), Sodium: 1224.4mg (53.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.64g (79.29%), Vitamin A: 6712.28IU (134.25%), Vitamin C: 66.42mg (80.5%), Selenium: 48.25µg (68.93%), Vitamin B6: 1.18mg (59.06%), Vitamin B3: 11.47mg (57.37%), Phosphorus: 433.3mg (43.33%), Vitamin K: 44.76µg (42.63%), Potassium: 1294.44mg (36.98%), Manganese: 0.68mg (34.01%), Vitamin B2: 0.54mg (31.9%), Fiber: 6.3g (25.2%), Vitamin B5: 2.49mg (24.91%), Iron: 4.33mg (24.03%), Zinc: 3.49mg (23.23%), Magnesium: 83.66mg (20.91%), Vitamin B1: 0.31mg (20.51%), Vitamin E: 2.44mg (16.28%), Copper: 0.32mg (16.11%), Vitamin B12: 0.95µg (15.88%), Folate: 51.86µg (12.96%), Calcium: 58.91mg (5.89%)