

Yakisoba Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 medium head cabbage coarsely chopped
- ☐ 1 tablespoon canola oil
- ☐ 2 carrots coarsely chopped
- ☐ 2 tablespoons chile paste
- ☐ 8 ounces soba noodles cooked drained
- ☐ 2 cloves garlic chopped
- ☐ 1 onion sliced lengthwise into eighths
- ☐ 0.5 teaspoon sesame oil

- ☐ 4 chicken breast halves boneless skinless cut into 1 inch cubes
- ☐ 0.5 cup soya sauce

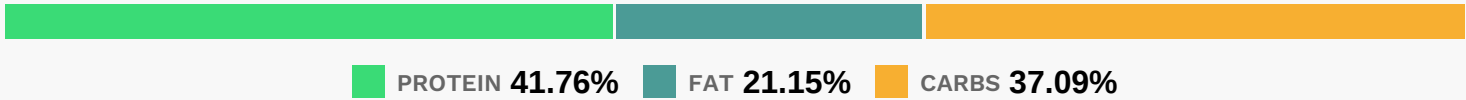
Equipment

- ☐ frying pan

Directions

- ☐ In a large skillet combine sesame oil, canola oil and chili paste. Stir fry 30 seconds.
- ☐ Add garlic and stir fry an additional 30 seconds.
- ☐ Add chicken and 1/4 cup of the soy sauce and stir fry until chicken is no longer pink.
- ☐ Remove mixture from pan, set aside and keep warm.
- ☐ In the emptied pan combine the onion, cabbage and carrots. Stir fry until cabbage begins to wilt. Stir in the remaining soy sauce, cooked noodles and the chicken mixture to pan and mix to blend.
- ☐ Serve and enjoy!

Nutrition Facts



Properties

Glycemic Index:27.14, Glycemic Load:2.35, Inflammation Score:-10, Nutrition Score:19.741738993189%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 200.1kcal (10%), Fat: 4.84g (7.44%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 19.09g (6.36%), Net Carbohydrates: 16.12g (5.86%), Sugar: 4.98g (5.53%), Cholesterol: 48.21mg (16.07%), Sodium: 1219.65mg (53.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.49g (42.99%), Vitamin A: 3504.71IU (70.09%), Vitamin K: 62.2µg (59.24%), Vitamin B3: 9.3mg (46.52%), Vitamin C: 32.32mg (39.18%), Vitamin B6: 0.78mg (39.14%),

Selenium: 24.8µg (35.43%), Phosphorus: 229.19mg (22.92%), Manganese: 0.44mg (21.98%), Potassium: 577.16mg (16.49%), Vitamin B5: 1.48mg (14.79%), Folate: 49.59µg (12.4%), Fiber: 2.97g (11.9%), Vitamin B1: 0.17mg (11.33%), Magnesium: 44.97mg (11.24%), Vitamin B2: 0.17mg (9.79%), Iron: 1.44mg (7.97%), Vitamin E: 0.82mg (5.48%), Zinc: 0.8mg (5.34%), Calcium: 53.22mg (5.32%), Copper: 0.09mg (4.5%), Vitamin B12: 0.15µg (2.51%)