



WHATSheATE



HEALTH SCORE

63%

Zingy chicken stir-fry



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 extra wide egg noodles
- ☐ 2 tsp unrefined sunflower oil
- ☐ 2 chicken breast strips/pre-cooked/chopped shredded cooked
- ☐ 3 carrots finely sliced into rings
- ☐ 2 tbsp clear honey
- ☐ 1 tbsp soya sauce
- ☐ 2 juice of lime
- ☐ 3 tbsp sesame seed toasted

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1 handful cilantro leaves

Equipment

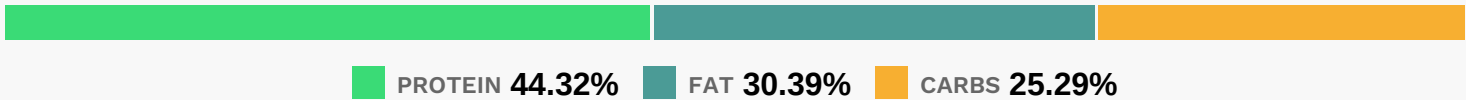
☐

wok

Directions

- ☐
- Boil the noodles according to pack instructions, then drain and toss with 1 tsp oil.
- ☐
- Heat the remaining oil in a wok and add the chicken and carrots. Stir-fry for a few mins.
- ☐
- Add the honey, soy and lime juice, bubble for 30 secs, then add the noodles and sesame seeds.
- ☐
- Mix well, heat through and sprinkle with coriander to serve.

Nutrition Facts



Properties

Glycemic Index:112.55, Glycemic Load:12.85, Inflammation Score:-10, Nutrition Score:31.883043408394%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 519.49kcal (25.97%), Fat: 17.65g (27.15%), Saturated Fat: 3.16g (19.78%), Carbohydrates: 33.05g (11.02%), Net Carbohydrates: 28.57g (10.39%), Sugar: 22.31g (24.79%), Cholesterol: 147.04mg (49.01%), Sodium: 697.21mg (30.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.92g (115.84%), Vitamin A: 15473.91IU (309.48%), Vitamin B3: 25.56mg (127.8%), Selenium: 53.28µg (76.12%), Vitamin B6: 1.3mg (65.22%), Phosphorus: 529.21mg (52.92%), Copper: 0.71mg (35.59%), Magnesium: 115.76mg (28.94%), Manganese: 0.58mg (28.82%), Potassium: 874.26mg (24.98%), Iron: 4.41mg (24.51%), Zinc: 3.12mg (20.83%), Vitamin E: 3.07mg (20.47%), Vitamin B1: 0.3mg (20.23%), Vitamin B5: 2.02mg (20.22%), Calcium: 196.57mg (19.66%), Vitamin B2: 0.31mg (18.4%), Vitamin K: 19.22µg (18.31%), Vitamin C: 15.04mg (18.23%), Fiber: 4.48g (17.91%), Folate: 43.93µg (10.98%), Vitamin B12: 0.59µg (9.8%), Vitamin D: 0.17µg (1.17%)