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## Rice Noodles with Chicken and Vegetables

This recipe is a delicious and healthy combination of rice noodles, tender chicken, and fresh vegetables. It is a popular dish in many Asian cuisines and can be enjoyed as a main course or a side dish. The rice noodles are cooked until they are soft and chewy, while the chicken is marinated in a flavorful sauce and stir-fried with the vegetables. The result is a dish that is packed with flavor and nutrients.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 15 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>250 g</b>	rice noodles
<b>300 g</b>	chicken breast
<b>150 g</b>	Bell peppers

<b>100 g</b>	Carrots
<b>100 g</b>	Snow Peas
<b>60 ml</b>	soy sauce
<b>30 ml</b>	sesame oil
<b>2 cloves</b>	garlic
<b>1 tsp</b>	Ginger
<b>30 ml</b>	vegetable oil
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	pepper

## Directions

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### Step 1

#### Boiling

Cook the rice noodles according to the package instructions. Drain and set aside.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

### Step 2

#### Mixing

In a small bowl, combine the soy sauce, sesame oil, minced garlic, and grated ginger. Set aside.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Stir-frying

Heat the vegetable oil in a large skillet or wok over medium-high heat. Add the sliced chicken breast and stir-fry until cooked through, about 5-6 minutes.

**Prep Time:** 5 mins

**Cook Time:** 6 mins

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### Step 4

Stir-frying

Add the sliced bell peppers, julienned carrots, and snow peas to the skillet. Stir-fry for an additional 3-4 minutes, until the vegetables are crisp-tender.

**Prep Time:** 2 mins

**Cook Time:** 4 mins

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### Step 5

Stirring

Pour the soy sauce mixture over the chicken and vegetables. Stir to coat everything evenly. Cook for another 1-2 minutes, until heated through.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

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## Step 6

Serving

Serve the stir-fried chicken and vegetables over the cooked rice noodles. Season with salt and pepper to taste.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 350 kcal

**Fat:** 10 g

**Protein:** 25 g

**Carbohydrates:** 40 g

## Nutrition Facts

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**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	60 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Cuisines

Chinese

Indian

Thai

Mediterranean

Middle Eastern

### Nutritional Content

Low Calorie

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

### Kitchen Tools

Oven

### Course

Appetizers

Main Dishes

Side Dishes

Salads

Snacks

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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