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Chicken Lo Mein ♦

Chicken Lo Mein is a popular Chinese dish made with stir-fried chicken, noodles, and vegetables. It is a flavorful and satisfying meal that can be enjoyed for lunch or dinner. The dish has a long history and is often consumed as a main course in Chinese cuisine.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	chicken breast
250 g	lo mein noodles
100 g	Carrots
100 g	Snow Peas
100 g	Red Bell Pepper

100 g	onion
2 cloves	garlic
4 tbsp	soy sauce
2 tbsp	oyster sauce
2 tsp	sesame oil
2 tbsp	vegetable oil

Directions

Step 1

Boiling

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

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stir-frying

Heat vegetable oil in a large pan or wok over medium heat. Add minced garlic and stir-fry for 1 minute.

Prep Time: 2 mins

Cook Time: 1 mins

Step 3

Stir-frying

Add sliced chicken breast to the pan and stir-fry until cooked through, about 5-7 minutes.

Prep Time: 2 mins

Cook Time: 5 mins

Step 4

Stir-frying

Add sliced carrots, snow peas, red bell pepper, and onion to the pan. Stir-fry for 3-4 minutes until vegetables are tender-crisp.

Prep Time: 2 mins

Cook Time: 4 mins

Step 5

Mixing

In a small bowl, whisk together soy sauce, oyster sauce, and sesame oil. Pour the sauce over the chicken and vegetables. Stir to combine.

Prep Time: 2 mins

Cook Time: 1 mins

Step 6

Stir-frying

Add the cooked Lo Mein noodles to the pan and toss to coat everything in the sauce.

Cook for an additional 2 minutes to heat through.

Prep Time: 1 mins

Cook Time: 2 mins

Step 7

Serving

Serve the Chicken Lo Mein hot and enjoy!

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 10 g

Protein: 25 g

Carbohydrates: 40 g

Nutrition Facts

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	8 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	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	200 iu	22.22%	28.57%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	50 mg	55.56%	66.67%
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	50 mg	5%	5%
Iron	3 mg	37.5%	16.67%
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Chinese

Mexican

American

Middle Eastern

Cultural

Chinese New Year

Course

Salads

Snacks

Cooking Method

Blanching

Diet

Anti-Inflammatory Diet

Nutritional Content

Low Calorie

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Mixer

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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