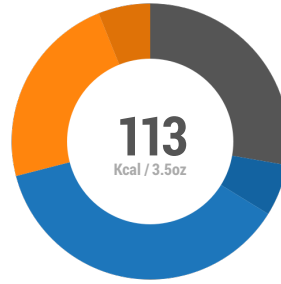


Chicken Ramen

By Ashlyn Housewright

Overview ...

U / 5530676



CALORIES:

43.2% Carbs

27.7% Protein

29% Fat

Food Labelling...

US Label values per 3.5oz

Serves **2**

	PER 3.5OZ	%DV	PER 1.8LB SERVING	%DV
Calories	110 kcal	6%	940 kcal	47%
Total Fat	3.5 g	4%	30 g	38%
<i>Saturated Fat</i>	1 g	5%	6 g	30%
<i>Trans Fats</i>	0 g	-	0 g	-
Cholesterol	40 mg	13%	325 mg	108%
Sodium	140 mg	6%	1200 mg	52%
Total Carbohydrate	12 g	4%	101 g	37%
<i>Dietary Fiber</i>	0 g	0%	3 g	11%
Total Sugars	2 g	-	14 g	-
Added Sugars	0 g	0%	0 g	0%
Protein	8 g	16%	65 g	130%
Vitamin D	0.1 ug	0%	1.1 ug	6%
Calcium	10 mg	0%	60 mg	4%
Iron	0.3 mg	2%	2.7 mg	15%
Potassium	140 mg	4%	1200 mg	25%

CONTAINS:



Nutrient Breakdown per 3.5oz...

Energy	Lipid Components	Vitamins
Energy(kcal) 6% RI	Saturated Fat 4% RI	Vitamin A (ret eq) 2% RI
Energy(Kj) 6% RI	Monounsaturated fat	Retinol
	cis-Mono	Carotene
	Polyunsaturated fat	Vitamin D 1% RI
	Omega3(n-3)	Vitamin E 1% RI
	Omega6(n-6)	Vitamin K ₁ 3% RI
	cis-Poly	Thiamin (B ₁) 3% RI
	Trans-fatty acids	

113kcal
474kJ

Macronutrients
Carbohydrate 4% RI **11.8g**
Protein 16% RI **7.8g**
Fat **5% RI** **3.6g**
Water **76g**

0.76g
0.73g
-
0.36g
-
-
-
0g

15.9ug
11.6ug
-
0.13ug
0.16mg
3.5ug
0.04mg

Water from Drinks	0g	Cholesterol 13% RI	38.9mg	Riboflavin (B ₂) 9% RI	0.12mg
Alcohol (0% ABV)	0g	Minerals & trace elements		Niacin total (B ₃)	-
Carbohydrate		Sodium 6% RI	144mg	Niacin 18% RI	2.8mg
Starch	10g	Potassium 3% RI	144mg	Tryptophan	67mg
Oligosaccharide	-	Chloride 2% RI	54mg	Pantothenic Acid (B ₅) 8% RI	0.41mg
Fiber 1% RI	0.3g	Calcium 1% RI	7.4mg	Vitamin B ₆ 13% RI	0.22mg
NSP	0.16g	Phosphorus 6% RI	69mg	Folates (B ₉) Total 2% RI	6.4ug
Sugars	1.7g	Magnesium 2% RI	8.8mg	Vitamin B ₁₂ 3% RI	0.07ug
Glucose	0.12g	Iron 2% RI	0.33mg	Biotin (B ₇)	-
Galactose	0g	Zinc 3% RI	0.32mg	Vitamin C 1% RI	0.56mg
Fructose	0.05g	Copper 6% RI	0.06mg	Other	
Sucrose	0g	Manganese 1% RI	0.01mg	GI (estimated)	0.42
Maltose	0g	Selenium 14% RI	7.6ug	GL	0.05
Lactose	0g	Iodine	-	Caffeine	0mg

Recipe Ingredients ...	Quantity:	Description:	Cost:
Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled - US15	8.5oz	2 medium fillet	0.00
100% pure sesame seed oil - US-B	0.9877oz	2x Tbsp	0.00
Ginger, fresh - US15	0.1411oz	2 tsp	0.00
Garlic, raw - US15	0.0988oz	1 tsp	0.00
MIRIN SWEETENED SAKE - US-B	1floz	2 Tbsp	0.00
Soup, stock, chicken, home-prepared - US15	2.1lb	4 cup	0.00
Mushrooms, white, raw - US15	2.5oz	1 cup, pieces or slices	0.00
Egg, whole, cooked, poached - US15	3.5oz	2 large	0.00
Onions, young green, tops only - US15	1.3oz	3 stalk	0.00
ROLAND, LO MEIN NOODLES - US-B	6.9oz	7 ONZ	0.00

TOTAL COST: **0.00**

Products / Pack Sizes ...

2 Serving

Product code

Barcode

1.8lb / 917kcal

Serving per pack

Net pack weight

0.00 ↗

Sale price (0+ 0%)

Ingredient List (QUID) ...

Chicken Stock, Chicken, ROLAND, LO MEIN NOODLES [ORGANIC wheat flour, SEA SALT], EGGS, Mushrooms, Onion Greens, MIRIN SWEETENED SAKE [FRUCTOSE, SAKE, WATER, YEAST EXTRACT, CARAMEL, LACTIC ACID, SUCCINIC ACID], 100% Pure SESAME Seed Oil, Ginger, Garlic

Cooking Instructions & Notes

- Cook the chicken*:** Preheat the oven to 375°F. Season the chicken generously with salt and pepper.
- Melt the butter in a large oven-safe skillet over medium heat. Add the chicken, skin-side down, and cook until the skin is golden brown and releases easily from the pan, about 5-7 minutes. Flip the chicken over and cook for another 4-5 minutes, until golden.

3. Transfer the skillet to the oven and roast for 15-20 minutes, until the chicken is cooked through. Remove from the oven, transfer the chicken to a plate and cover with foil until ready to serve.
4. **Make the ramen broth:** Heat the oil in a large pot over medium heat, until shimmering. Add the garlic and ginger, and cook for a few minutes until softened. Add the soy sauce and mirin, and stir to combine. Cook for another minute.
5. Add the stock, cover, and bring to boil. Remove the lid, and let simmer uncovered for 5 minutes, then add the dried mushrooms. Simmer gently for another 10 minutes, and season with salt, to taste.
6. **Make the soft-boiled eggs:** Fill a pot with enough water to cover the eggs, and bring to a boil. Gently lower the eggs (still cold from the fridge) into the boiling water, and let simmer for 7 minutes (for a slightly-runny yoke) or 8 minutes (for a soft, but set-up yoke).
7. Meanwhile, fill a large bowl with ice water. When the timer finishes, transfer the eggs to the ice bath to stop the cooking process. Wait at least 5 minutes, or until cool enough to handle, then carefully peel away the shell and slice in half, lengthwise. Set aside until ready to serve.
8. **Assemble the ramen bowls:** Meanwhile, chop the scallions and jalapeño (if using). Slice the chicken into thin pieces. Set aside. When the eggs finish cooking, add the ramen noodles to the boiling water.
9. Cook for 2-3 minutes, until soft, then divide the noodles into two large bowls. Add the sliced chicken and the ramen broth. Top with the fresh scallions, jalapeño and the soft boiled egg. Serve immediately.