

Chicken and Shrimp Pancit

Prep: 20 mins

Cook: 20 mins

Total: 40 mins

Yield: 6 Servings



- 1 (12 oz.) pkg. dried rice noodles
- 1-teaspoon sesame oil
- 1 onion finely diced
- 3 cloves garlic minced
- 2 cups diced cooked chicken breast meat
- ½ lb cooked shrimp- peeled and de-veined
- 1 small head cabbage thinly sliced
- 4 carrots thinly sliced
- ¼ cup gluten free soy sauce
- 2 lemons cut into wedges for garnish

Place the rice noodles in a large bowl, and cover with warm water. When soft, drain, and set aside.

Heat oil in a wok or large skillet over medium heat. Sauté onion and garlic until soft. Stir in chicken cabbage, carrots and soy sauce. Cook until cabbage begins to soften.

Toss in noodles, and cook until heated through, stirring constantly.

Transfer pancit to a serving dish and garnish with quartered lemons.

Nutrition Facts - Per Serving:

369 calories; 18.1 g protein; 65.1 g carbohydrates; 35 mg cholesterol; 788.6 mg sodium

Servings Per Recipe: 6

Calories: 369

% Daily Value *

Protein: 18.1g36 %

Carbohydrates: 65.1g21 %

Exchange Other Carbs: 4.5

Dietary Fiber: 7.3g29 %

Sugars: 7.1g

Fat: 4.9g8 %

Saturated Fat: 1.3g6 %

Cholesterol: 35mg12 %

Vitamin A Iu: 8185.1IU164 %

Niacin Equivalents: 8.2mg63 %

Vitamin B6: 0.5mg28 %

Vitamin C: 75.5mg126 %

Folate: 70.2mcg18 %

Calcium: 110.3mg11 %

Iron: 2.1mg11 %

Magnesium: 48.3mg17 %

Potassium: 567.6mg16 %

Sodium: 788.6mg32 %

Thiamin: 0.2mg18 %

Calories From Fat: 44.3

Percent Of Calories From Carbs: 69

Percent Of Calories From Fat: 11

Percent Of Calories From Protein: 19

Percent Of Calories From Sat Fat: 2

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Nutrient information is not available for all ingredients. Amount is based on available nutrient data.

(-)Information is not currently available for this nutrient. If you are following a medically restrictive diet, please consult your doctor or registered dietitian before preparing this recipe for personal consumption.