

Life Changing Chicken Udon

Yield: 1 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-udon-noodle-broth-recipe>

Ingredients:

- 2 broth cupsdashi
- 1 tablespoon soy sauce
- 1 tablespoon mirin
- 1/2 tablespoon sugar
- 1 tablespoon sake
- 1/2 leek small, cut in halves lengthwise then cut into 2 inches long pieces.
- 1 boneless, skinless chicken thigh cut into bite size
- 1 udon serving portion of fresh frozen, or dry udon noodles
- 1/2 green onion chopped

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 70 milligrams
4. Fat: 3 grams
5. Fiber: 1 grams
6. Protein: 25 grams
7. SaturatedFat: 1 grams
8. Sodium: 1040 milligrams
9. Sugar: 8 grams

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