

Chicken Lo Mein

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Heart Healthy

This dish follows the American Heart Association's recommendations for living a heart-lifestyle.

Dish With
Wonton Soup

Maximum Order Quantity: 6

Modifications

Dish can be modified for dietary needs:

- **Gluten/Wheat Free:** Serve over Rice. Use GF Soy Sauce



Nutrition Facts Servings: 6

Amount/Serving	
Calories	400
Fat Cal.	63
Total Fat	7g
Sat. Fat	2g
Trans Fat	0g
Cholest.	65mg
Sodium	1350mg
Total Carb	53g
Dietary Fiber	3g
Sugars	6g
Protein	31g
Weight Watchers® Points®	8

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At-Home Cooking Directions

CHICKEN: Preheat 1/4 cup of oil in an extra-large skillet or wok over high heat. Add the chicken and stir until the chicken is lightly browned. Remove and set on a plate. Drain off any excess liquid. Reduce heat to medium. Add the vegetables and the contents of the sauce bag. Stir and cook 8-10 minutes or until the vegetables are hot. Add in the chicken and cook 3-5 minutes or until chicken reaches an internal temperature of 165°F. **PASTA:** Meanwhile, bring 4 quarts of water to a boil. Add pasta and cook 8-10 minutes or until tender. Drain. **TO SERVE:** Toss pasta with the chicken-sauce mixture.



Ingredients*

Chicken Breast, Mushrooms, Snow Peas, Carrot, Spaghetti (semolina, durum flour, niacin, ferrous sulfate (iron), thiamin, mononitrate, riboflavin, folic acid), Chicken Base (roasted chicken and chicken juices, salt, sugar, maltodextrin, chicken fat, dehydrated onion, citric acid, turmeric, natural flavorings), Corn Starch, Canola Oil, Sesame Oil, Green Onion, Oyster Sauce (water, sugar, salt, oyster extractives (oyster, water, salt), modified corn starch, caramel color, sodium benzoate added as a preservative), Low Sodium Soy Sauce (water, wheat, soybeans, salt, lactic acid, sodium benzoate less than 1/10 of 1% as a preservative), Rice Vinegar. **CONTAINS:** WHEAT, SOY, SHELLFISH

* Items may contain common allergens or come in contact with other allergens that are prepared in this facility. Substitutions may occur. Please contact your local store directly to verify ingredients if you have any specific questions. Nutritional Data is based on 6 servings.