



## 5 Minute Thai Slaw

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



5

CALORIES



126 kcal

SIDE DISH

### Ingredients

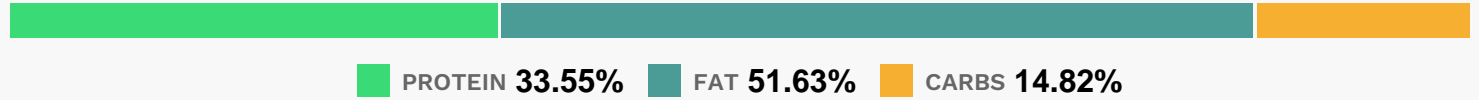
- 1 cup oscar mayer carving board flame grilled chicken breast strips ( )
- 1 Tbsp cilantro leaves chopped
- 3 Tbsp the dressing kraft
- 2 cups coleslaw blend (cabbage slaw mix)
- 3 Tbsp planters cocktail peanuts

### Equipment

## Directions

- Toss coleslaw blend with chicken, peanuts and cilantro.
- Add dressing; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:18.05, Glycemic Load:0.46, Inflammation Score:-2, Nutrition Score:7.0599999972012%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 126.2kcal (6.31%), Fat: 7.32g (11.26%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 3.45g (1.26%), Sugar: 2.93g (3.26%), Cholesterol: 27.74mg (9.25%), Sodium: 108.72mg (4.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.7g (21.39%), Vitamin K: 27.96µg (26.63%), Vitamin B3: 4.87mg (24.34%), Vitamin C: 10.33mg (12.52%), Selenium: 8.71µg (12.44%), Vitamin B6: 0.22mg (11.22%), Manganese: 0.22mg (10.93%), Phosphorus: 98.47mg (9.85%), Folate: 27.99µg (7%), Magnesium: 23.07mg (5.77%), Vitamin B1: 0.08mg (5.37%), Fiber: 1.27g (5.09%), Potassium: 167.7mg (4.79%), Vitamin B5: 0.45mg (4.49%), Iron: 0.69mg (3.84%), Copper: 0.07mg (3.75%), Vitamin B2: 0.06mg (3.33%), Zinc: 0.47mg (3.16%), Vitamin E: 0.42mg (2.77%), Calcium: 22.68mg (2.27%), Vitamin B12: 0.1µg (1.73%)