



Amazing Asian Chicken Salad



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large carrots shredded
- ☐ 0.5 bunch cilantro leaves coarsely chopped
- ☐ 2 cloves garlic minced
- ☐ 0.3 medium head cabbage shredded green
- ☐ 3 green onions chopped
- ☐ 1 teaspoon ground coriander
- ☐ 2 tablespoons ground ginger
- ☐ 0.3 medium head cabbage shredded red

- ☐ 0.3 cup rice vinegar
- ☐ 0.3 cup sesame oil
- ☐ 4 chicken breast halves boneless skinless
- ☐ 0.5 cup slivered almonds
- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons sugar white
- ☐ 2 teaspoons mustard yellow prepared

Equipment

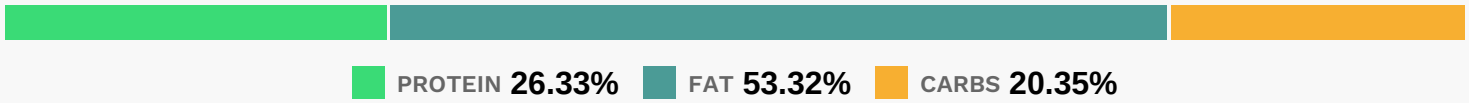
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Whisk together the rice vinegar, sesame oil, 3 green onions, garlic, sugar, ginger, soy sauce, vegetable oil, coriander, and mustard in a mixing bowl until the sugar has dissolved.
- ☐ Pour half of the dressing into another container, and refrigerate for later.
- ☐ Place the chicken breasts into the remaining dressing, and coat on all sides. Cover, and refrigerate 30 minutes to 1 hour.
- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Remove the chicken breasts from the marinade, and shake off excess. Discard the remaining marinade.
- ☐ Place the chicken into a baking dish.
- ☐ Bake the chicken breasts in the preheated oven until no longer pink in the center and the juices run clear, about 45 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- ☐ Remove from the oven, and allow to cool. Shred the chicken using 2 forks and set aside.

- ☐
- To assemble the salad, combine the green cabbage, red cabbage, carrots, 3 green onions, cilantro, almonds, and cooled chicken in a large mixing bowl.
- ☐
- Pour the reserved dressing overtop and toss to coat.

Nutrition Facts



Properties

Glycemic Index:65.65, Glycemic Load:5.01, Inflammation Score:-10, Nutrition Score:24.112608463868%

Flavonoids

Cyanidin: 73.57mg, Cyanidin: 73.57mg, Cyanidin: 73.57mg, Cyanidin: 73.57mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 300.53kcal (15.03%), Fat: 18.17g (27.95%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 15.6g (5.2%), Net Carbohydrates: 11.43g (4.16%), Sugar: 8.41g (9.35%), Cholesterol: 48.21mg (16.07%), Sodium: 476.03mg (20.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.19g (40.38%), Vitamin A: 4565.92IU (91.32%), Vitamin K: 65.37µg (62.26%), Manganese: 1.03mg (51.51%), Vitamin C: 37.8mg (45.82%), Vitamin B3: 9.11mg (45.57%), Vitamin B6: 0.77mg (38.52%), Selenium: 26.72µg (38.17%), Phosphorus: 248.47mg (24.85%), Vitamin E: 3.07mg (20.46%), Potassium: 636.55mg (18.19%), Fiber: 4.17g (16.67%), Magnesium: 66.5mg (16.62%), Vitamin B2: 0.25mg (14.87%), Vitamin B5: 1.36mg (13.63%), Iron: 1.82mg (10.11%), Folate: 39.79µg (9.95%), Vitamin B1: 0.14mg (9.46%), Copper: 0.17mg (8.4%), Calcium: 80.53mg (8.05%), Zinc: 1.07mg (7.15%), Vitamin B12: 0.15µg (2.51%)