



Asian Chicken Almond Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 chicken breast halves boiled
- 1 tablespoon cilantro leaves chopped
- 1 teaspoon garlic minced
- 2 teaspoons juice of lemon fresh
- 1 teaspoon sesame oil
- 0.5 cup plum sauce prepared
- 0.3 teaspoon pepper red to taste
- 1 teaspoon rice vinegar

- 0.5 cup slivered almonds toasted
- 1.5 tablespoons vegetable oil
- 1 cup water
- 12 cups the salad assorted packed

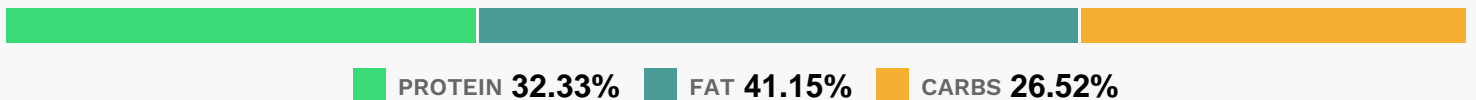
Equipment

- bowl
- frying pan
- knife

Directions

- Season chicken breasts with salt and pepper. In large nonstick skillet, heat oil over medium-high heat.
- Add chicken breasts; cover and cook 5 minutes. Turn chicken, cover and cook 5 minutes longer. Uncover and continue to cook just until juices run clear when chicken is pierced with knife point; set aside. In large bowl toss greens with 3/4 cup of the Plum Sauce Dressing; divide among four plates.
- Cut each chicken breast into 1/2 inch slices and fan out on greens.
- Drizzle each chicken serving with 1 tablespoon dressing.
- Sprinkle each serving with 2 tablespoons of almonds.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:0.19, Inflammation Score:-8, Nutrition Score:21.819565026656%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.36mg, Hesperetin:

0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 352.53kcal (17.63%), Fat: 16.27g (25.03%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 23.59g (7.86%), Net Carbohydrates: 21.56g (7.84%), Sugar: 0.67g (0.74%), Cholesterol: 72.32mg (24.11%), Sodium: 372.76mg (16.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.77g (57.53%), Vitamin B3: 13.34mg (66.72%), Selenium: 37.49µg (53.55%), Vitamin B6: 1mg (50.19%), Vitamin C: 30.62mg (37.11%), Phosphorus: 359.24mg (35.92%), Vitamin A: 1457.66IU (29.15%), Manganese: 0.56mg (28.07%), Vitamin E: 4.16mg (27.71%), Potassium: 830.76mg (23.74%), Vitamin B2: 0.36mg (21.26%), Magnesium: 84.76mg (21.19%), Vitamin B5: 1.85mg (18.49%), Folate: 57.77µg (14.44%), Copper: 0.27mg (13.65%), Iron: 2.26mg (12.55%), Vitamin K: 10.2µg (9.71%), Vitamin B1: 0.15mg (9.69%), Zinc: 1.42mg (9.49%), Fiber: 2.02g (8.1%), Calcium: 65.98mg (6.6%), Vitamin B12: 0.23µg (3.77%)