



Asian Chicken and Cabbage Salad

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

READY IN



45 min.

SERVINGS



4

CALORIES



618 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup baby spinach thinly sliced
- 2 medium carrots shredded peeled
- 1 pepper flakes red with some seeds, chopped
- 0.3 cup roasted peanuts chopped
- 1 teaspoon fish sauce (such as nam pla or nuoc nam)
- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon ginger grated peeled
- 4 servings kosher salt

- 2 teaspoons brown sugar light
- 0.3 cup juice of lime fresh
- 2 tablespoons soy sauce reduced-sodium
- 5 cups cabbage red thinly sliced
- 3 cups rotisserie chicken cut shredded
- 6 spring onion thinly sliced
- 0.5 teaspoons sesame seed toasted
- 0.3 cup vegetable oil

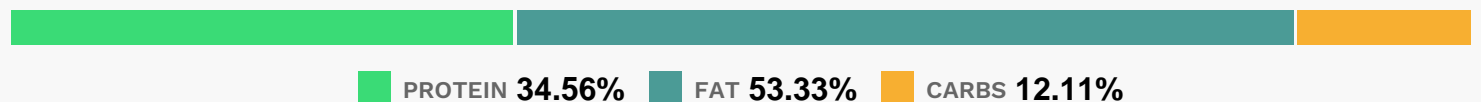
Equipment

- bowl
- whisk

Directions

- Whisk chile, oil, lime juice, soy sauce, brown sugar, fish sauce, and ginger in a large bowl; season with salt.
- Add cabbage, carrots, scallions, chicken, spinach, and cilantro; toss to coat. Top with peanuts and sesame seeds.

Nutrition Facts



Properties

Glycemic Index:67.46, Glycemic Load:3.55, Inflammation Score:-10, Nutrition Score:22.937826120011%

Flavonoids

Cyanidin: 233.44mg, Cyanidin: 233.44mg, Cyanidin: 233.44mg, Cyanidin: 233.44mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol:

0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 617.5kcal (30.88%), Fat: 37.67g (57.96%), Saturated Fat: 7.38g (46.13%), Carbohydrates: 19.26g (6.42%), Net Carbohydrates: 14.26g (5.19%), Sugar: 9.1g (10.11%), Cholesterol: 170.34mg (56.78%), Sodium: 1317.24mg (57.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.93g (109.86%), Vitamin K: 159.22µg (151.63%), Vitamin A: 7424.45IU (148.49%), Vitamin C: 91.8mg (111.27%), Manganese: 0.7mg (35.04%), Vitamin B6: 0.41mg (20.53%), Fiber: 5g (19.99%), Folate: 72.92µg (18.23%), Potassium: 629.57mg (17.99%), Magnesium: 59.88mg (14.97%), Vitamin E: 2.24mg (14.93%), Vitamin B3: 2.6mg (12.98%), Phosphorus: 112.5mg (11.25%), Iron: 1.99mg (11.06%), Vitamin B1: 0.15mg (10.28%), Calcium: 101.57mg (10.16%), Vitamin B2: 0.17mg (9.75%), Copper: 0.16mg (7.82%), Zinc: 0.75mg (4.98%), Vitamin B5: 0.47mg (4.72%), Selenium: 1.94µg (2.77%)