



Asian Chicken and Orzo Salad



Dairy Free

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READY IN

ready

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30 min.

SERVINGS

servings

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12

CALORIES

calories

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193 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups meat from a rotisserie chicken diced cooked
- ☐ 16 ounce orzo pasta cooked drained
- ☐ 3 green onions chopped
- ☐ 2 teaspoons hoisin sauce
- ☐ 1 medium bell pepper diced red
- ☐ 3 tablespoons rice wine vinegar
- ☐ 2 ounce slivered almonds toasted ()
- ☐ 2 tablespoons soya sauce

- ☐ 9 ounce sugar snap peas frozen
- ☐ 0.5 cup vegetable oil
- ☐ 1 cup water chestnuts drained chopped

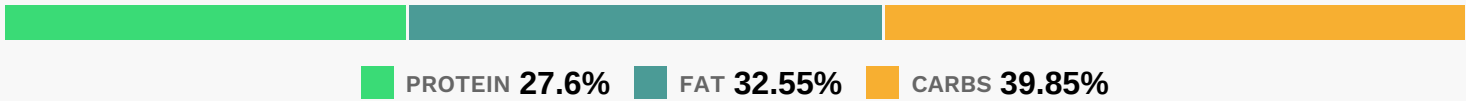
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook sugar snap peas according to package directions; drain well.
- ☐ In a large bowl, combine sugar snap peas, orzo, water chestnuts, chicken, green onion, and red bell pepper. In a small bowl, whisk together oil, vinegar, soy sauce, and hoisin sauce.
- ☐ Pour over orzo mixture, tossing gently to coat. Stir in toasted almonds. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:15.63, Glycemic Load:5.56, Inflammation Score:-6, Nutrition Score:10.751739128776%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 192.73kcal (9.64%), Fat: 6.97g (10.72%), Saturated Fat: 1.18g (7.38%), Carbohydrates: 19.19g (6.4%), Net Carbohydrates: 16.3g (5.93%), Sugar: 2.71g (3.01%), Cholesterol: 26.27mg (8.76%), Sodium: 209.12mg (9.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.29g (26.59%), Vitamin C: 26.39mg (31.99%), Selenium:

19.22µg (27.46%), Vitamin B3: 3.55mg (17.77%), Manganese: 0.35mg (17.63%), Vitamin K: 15.41µg (14.68%), Vitamin B6: 0.29mg (14.32%), Phosphorus: 136.77mg (13.68%), Vitamin E: 1.79mg (11.9%), Vitamin A: 585.96IU (11.72%), Fiber: 2.89g (11.55%), Iron: 1.95mg (10.82%), Magnesium: 36.71mg (9.18%), Vitamin B2: 0.15mg (9.05%), Copper: 0.16mg (8.1%), Zinc: 1.09mg (7.28%), Potassium: 245.03mg (7%), Vitamin B5: 0.65mg (6.51%), Folate: 24.27µg (6.07%), Vitamin B1: 0.08mg (5.52%), Calcium: 33.74mg (3.37%), Vitamin B12: 0.1µg (1.69%)