



Asian Chicken and Quinoa Salad

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

READY IN



35 min.

SERVINGS



4

CALORIES



258 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon sesame seed black
- 1 cup carrots thinly sliced (size of a matchstick) (2 carrots)
- 5 ounces meat rotisserie chicken shredded white
- 1 clove garlic grated
- 1 teaspoon ginger grated
- 0.3 cup juice of lemon fresh (2 lemons)
- 2.5 tablespoons soya sauce low-sodium
- 0.5 cup quinoa

- 1.5 cups cabbage shredded green red finely (such as napa, , or a combination)
- 3 scallions sliced
- 2 teaspoons sesame oil toasted
- 1 cup sugar snap peas sliced
- 4 teaspoons vegetable oil

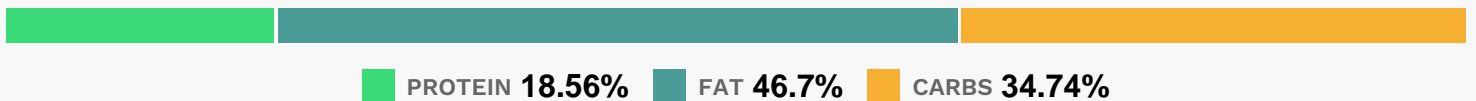
Equipment

- sauce pan
- whisk
- mixing bowl

Directions

- Cook the quinoa according to package directions, set aside to cool.
- Heat the vegetable oil in a small saucepan over medium heat. When the oil is hot, add the ginger, scallions and garlic. Immediately turn off the heat and stir.
- Let cool slightly for a few minutes, then whisk in the lemon juice, soy sauce and sesame oil.
- Put the cooked quinoa, chicken, cabbage, carrots and peas in a mixing bowl.
- Add the dressing and toss.
- Sprinkle with sesame seeds. Keep refrigerated in an air-tight container for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:50.71, Glycemic Load:1.64, Inflammation Score:-10, Nutrition Score:19.698260694742%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg

0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg
Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 258.14kcal (12.91%), Fat: 13.62g (20.95%), Saturated Fat: 2.73g (17.03%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 18.69g (6.8%), Sugar: 4g (4.44%), Cholesterol: 26.58mg (8.86%), Sodium: 415.49mg (18.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.18g (24.36%), Vitamin A: 5781.3IU (115.63%), Vitamin K: 58.02µg (55.26%), Vitamin C: 34.62mg (41.96%), Manganese: 0.67mg (33.55%), Folate: 82.66µg (20.66%), Phosphorus: 205.83mg (20.58%), Vitamin B6: 0.39mg (19.3%), Magnesium: 73.59mg (18.4%), Vitamin B3: 3.46mg (17.31%), Fiber: 4.11g (16.44%), Potassium: 465.81mg (13.31%), Iron: 2.39mg (13.27%), Vitamin B1: 0.19mg (12.66%), Vitamin B2: 0.19mg (11.44%), Copper: 0.22mg (10.99%), Selenium: 7.59µg (10.85%), Zinc: 1.48mg (9.89%), Vitamin E: 1.48mg (9.89%), Vitamin B5: 0.88mg (8.78%), Calcium: 62.19mg (6.22%), Vitamin B12: 0.11µg (1.83%)