



Asian Chicken and Rice Salad

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

READY IN



90 min.

SERVINGS



30

CALORIES



87 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups rice cooked
- 3 green onions sliced
- 3 Tbsp hoisin sauce
- 0.3 cup grey poupon savory honey mustard
- 0.3 cup oil
- 0.3 tsp pepper sauce hot
- 1 small bell pepper red coarsely chopped
- 0.5 cup planters roasted peanuts dry chopped

- 1 lb chicken breasts boneless skinless cut into bite-sized pieces
- 2 Tbsp soya sauce

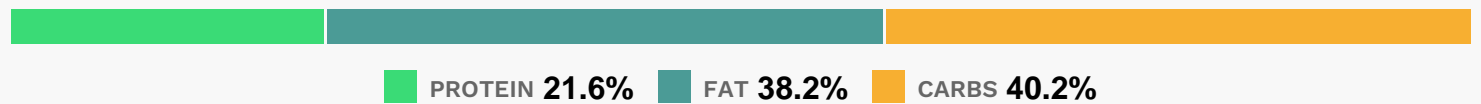
Equipment

- bowl

Directions

- Mix mustard, oil, hoisin sauce, soy sauce and hot pepper sauce until well blended.
- Toss rice with chicken, onion and red pepper in large bowl.
- Add mustard mixture; mix well. Cover. Refrigerate at least 1 hour.
- Stir in peanuts just before serving.

Nutrition Facts



Properties

Glycemic Index:6.27, Glycemic Load:6.43, Inflammation Score:-1, Nutrition Score:3.3443478336153%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 86.6kcal (4.33%), Fat: 3.63g (5.58%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 8.58g (2.86%), Net Carbohydrates: 8.15g (2.96%), Sugar: 1.28g (1.42%), Cholesterol: 9.72mg (3.24%), Sodium: 136.13mg (5.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.22%), Vitamin B3: 2.12mg (10.59%), Selenium: 6.7µg (9.57%), Manganese: 0.17mg (8.43%), Vitamin B6: 0.16mg (7.79%), Phosphorus: 53.14mg (5.31%), Vitamin C: 3.6mg (4.36%), Vitamin K: 3.97µg (3.79%), Vitamin E: 0.54mg (3.58%), Vitamin B5: 0.35mg (3.47%), Magnesium: 12.31mg (3.08%), Potassium: 92.19mg (2.63%), Zinc: 0.28mg (1.88%), Vitamin A: 93.89IU (1.88%), Vitamin B2: 0.03mg (1.83%), Fiber: 0.43g (1.73%), Copper: 0.03mg (1.72%), Folate: 6.15µg (1.54%), Vitamin B1: 0.02mg (1.36%), Iron: 0.21mg (1.17%)