



Asian Chicken and Wild Rice Salad

READY IN



70 min.

SERVINGS



8

CALORIES



484 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup almonds chopped
- ☐ 1 tablespoon butter
- ☐ 15 ounce mandarin orange segments drained canned
- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 1 cup celery chopped
- ☐ 5 ounce chow mein noodles canned
- ☐ 1 cup green onion chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 6 lettuce leaves or as needed

- ☐ 12 ounce rice mix long grain wild
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sesame oil
- ☐ 4 chicken breasts boneless skinless
- ☐ 2 tablespoons soya sauce
- ☐ 5 cups water

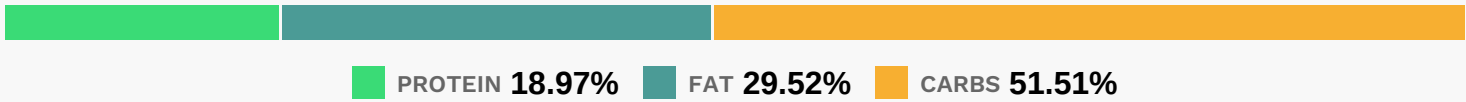
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Mix soy sauce and sesame oil in a bowl; rub mixture over chicken breasts. Season with salt and pepper.
- ☐ Heat a large skillet over medium heat; cook marinated chicken in the hot skillet until no longer pink in the center and juices run clear, about 20 minutes. Dice chicken when cool enough to handle and transfer to a large bowl.
- ☐ Combine water, long grain and wild rice mix, and butter in a saucepan; bring to a boil. Reduce heat, cover pan, and simmer until rice is tender and liquid is absorbed, about 25 minutes.
- ☐ Mix rice, mandarin oranges, water chestnuts, green onion, celery, and almonds with diced chicken; toss well. Chill mixture in refrigerator for at least 15 minutes.
- ☐ Line a large platter with lettuce leaves; top with chicken mixture.
- ☐ Sprinkle noodles around salad.

Nutrition Facts



Properties

Glycemic Index:29.02, Glycemic Load:20.92, Inflammation Score:-9, Nutrition Score:22.406956444616%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 483.68kcal (24.18%), Fat: 16g (24.62%), Saturated Fat: 2.49g (15.58%), Carbohydrates: 62.81g (20.94%), Net Carbohydrates: 56.55g (20.56%), Sugar: 7.34g (8.15%), Cholesterol: 39.92mg (13.31%), Sodium: 762.51mg (33.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.14g (46.27%), Manganese: 1.05mg (52.57%), Vitamin A: 2272.97IU (45.46%), Vitamin B3: 7.97mg (39.87%), Selenium: 26.05µg (37.22%), Vitamin E: 5.28mg (35.19%), Vitamin B6: 0.65mg (32.75%), Vitamin C: 25.25mg (30.6%), Vitamin K: 30.62µg (29.16%), Phosphorus: 287.23mg (28.72%), Fiber: 6.26g (25.02%), Magnesium: 91.46mg (22.87%), Vitamin B2: 0.35mg (20.66%), Copper: 0.41mg (20.27%), Potassium: 627.36mg (17.92%), Iron: 2.8mg (15.58%), Vitamin B5: 1.44mg (14.44%), Zinc: 1.94mg (12.91%), Vitamin B1: 0.18mg (12.3%), Calcium: 97.91mg (9.79%), Folate: 39µg (9.75%), Vitamin B12: 0.12µg (1.93%)