



Asian Chicken, Cabbage and Noodles Salad

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



470 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup lite asian sesame dressing toasted kraft
- 2 cups chicken breasts shredded cooked
- 1 Tbsp creamy peanut butter
- 14 oz coleslaw blend (cabbage slaw mix)
- 4 green onions diagonally sliced
- 0.3 cup planters cocktail peanuts
- 3 oz ramen noodle soup mix

Equipment

bowl

whisk

Directions

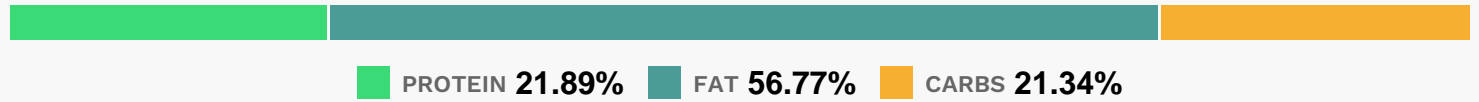
Break Noodles into small pieces in large bowl.

Add coleslaw blend, chicken, onions and nuts; mix lightly. Discard Seasoning Packet from soup mix or reserve for another use.

Beat peanut butter and dressing with whisk until blended.

Add to salad; mix lightly.

Nutrition Facts



Properties

Glycemic Index:37.81, Glycemic Load:7.94, Inflammation Score:-6, Nutrition Score:22.438260949176%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 469.92kcal (23.5%), Fat: 30.29g (46.6%), Saturated Fat: 6.18g (38.64%), Carbohydrates: 25.62g (8.54%), Net Carbohydrates: 20.68g (7.52%), Sugar: 6.81g (7.57%), Cholesterol: 52.5mg (17.5%), Sodium: 837.51mg (36.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.28g (52.55%), Vitamin K: 118.97µg (113.31%), Vitamin C: 38.64mg (46.83%), Vitamin B3: 9.15mg (45.75%), Manganese: 0.68mg (33.83%), Selenium: 21.26µg (30.37%), Vitamin B1: 0.42mg (27.8%), Folate: 110.51µg (27.63%), Phosphorus: 262.27mg (26.23%), Vitamin B6: 0.5mg (24.8%), Fiber: 4.94g (19.77%), Iron: 3.08mg (17.09%), Vitamin E: 2.46mg (16.42%), Potassium: 562.3mg (16.07%), Magnesium: 63.53mg (15.88%), Vitamin B2: 0.23mg (13.61%), Zinc: 1.86mg (12.41%), Vitamin B5: 1.22mg (12.16%), Copper: 0.23mg (11.6%), Calcium: 83.69mg (8.37%), Vitamin A: 259.38IU (5.19%), Vitamin B12: 0.26µg (4.27%)