



Asian Chicken Cabbage Salad

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



297 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 cups chicken shredded cooked
- 16 ounces coleslaw mix with carrots
- 0.5 cup spring onion chopped
- 0.3 cup olive oil light
- 0.3 cup rice vinegar
- 2 tablespoons soya sauce
- 0.5 teaspoon ground ginger
- 1 serving chow mein noodles crisp

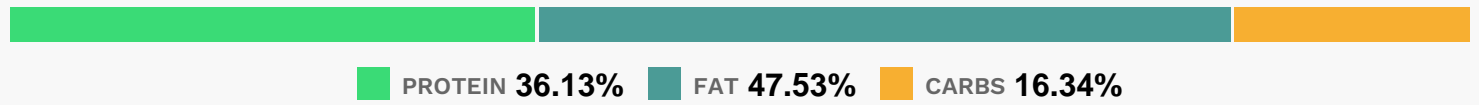
Equipment

bowl

Directions

- Mix chicken, coleslaw mix and green onions in large bowl.
- Mix remaining ingredients except chow mein noodles in small bowl. Toss with chicken mixture.
- Sprinkle with chow mein noodles.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.27, Inflammation Score:-4, Nutrition Score:15.755652064862%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 297.03kcal (14.85%), Fat: 15.46g (23.78%), Saturated Fat: 2.96g (18.53%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 9.28g (3.37%), Sugar: 2.89g (3.22%), Cholesterol: 70mg (23.33%), Sodium: 478.94mg (20.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.44g (52.88%), Vitamin K: 80.12µg (76.31%), Vitamin B3: 7.83mg (39.15%), Vitamin C: 29.24mg (35.44%), Selenium: 23.45µg (33.5%), Vitamin B6: 0.49mg (24.73%), Phosphorus: 210.59mg (21.06%), Manganese: 0.24mg (12.17%), Iron: 2.14mg (11.88%), Vitamin B5: 1.1mg (10.97%), Folate: 43.61µg (10.9%), Potassium: 380.54mg (10.87%), Zinc: 1.62mg (10.8%), Vitamin B2: 0.18mg (10.79%), Fiber: 2.68g (10.71%), Vitamin E: 1.46mg (9.7%), Magnesium: 33.24mg (8.31%), Vitamin B1: 0.11mg (7.48%), Calcium: 49.77mg (4.98%), Vitamin B12: 0.27µg (4.51%), Copper: 0.08mg (4.21%), Vitamin A: 195.49IU (3.91%)