



Asian Chicken Cabbage Salad

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



464 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

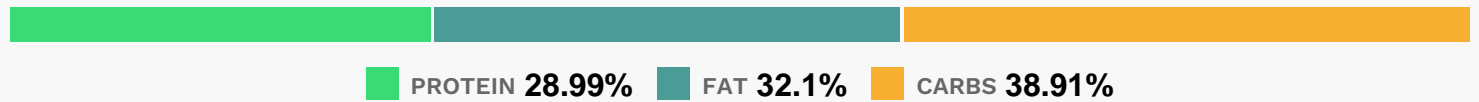
Equipment

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:16.552608583284%

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: 463.7kcal (23.18%), Fat: 16.29g (25.07%), Saturated Fat: 2.96g (18.53%), Carbohydrates: 44.45g (14.82%), Net Carbohydrates: 39.27g (14.28%), Sugar: 3.73g (4.14%), Cholesterol: 70mg (23.33%), Sodium: 770.61mg (33.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.1g (66.22%), 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%), Fiber: 5.18g (20.72%), Iron: 3.64mg (20.2%), Manganese: 0.24mg (12.17%), 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%), 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%)