



Asian Chicken Manicotti Salad

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



564 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 manicotti shells uncooked
- 5 cups coleslaw mix
- 1.5 cups chicken breast strips/pre-cooked/chopped cooked finely chopped
- 1 cup bean sprouts fresh finely chopped
- 0.5 cup peanuts chopped
- 0.3 cup water chestnuts canned chopped
- 0.3 cup vegetable oil
- 2 tablespoons vinegar

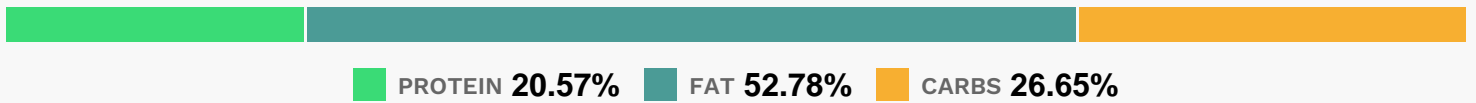
- 2 tablespoons creamy peanut butter
- 1 tablespoon soya sauce
- 0.1 teaspoon ground pepper red (cayenne)
- 1 clove garlic finely chopped

Equipment

Directions

- Prepare Tangy Peanut Dressing. Cook and drain manicotti as directed on package. Rinse with cold water; drain. Finely chop 1 cup of the coleslaw mix.
- Mix finely chopped coleslaw, the chicken, bean sprouts, peanuts and water chestnuts.
- Fill manicotti with chicken mixture. Divide remaining coleslaw mix among serving plates. Top with manicotti.
- Drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:60.31, Glycemic Load:11.35, Inflammation Score:-7, Nutrition Score:26.20608691936%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 563.87kcal (28.19%), Fat: 33.83g (52.05%), Saturated Fat: 5.64g (35.25%), Carbohydrates: 38.43g (12.81%), Net Carbohydrates: 32.02g (11.64%), Sugar: 6.2g (6.89%), Cholesterol: 44.63mg (14.88%), Sodium: 349.79mg (15.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.66g (59.33%), Vitamin K: 108.81µg (103.63%), Vitamin B3: 12.38mg (61.9%), Manganese: 1.15mg (57.69%), Selenium: 37.12µg (53.03%), Vitamin C: 36.02mg (43.66%), Phosphorus: 326.64mg (32.66%), Vitamin B6: 0.65mg (32.29%), Folate: 114.19µg (28.55%), Fiber: 6.42g (25.67%), Magnesium: 99.27mg (24.82%), Copper: 0.41mg (20.32%), Vitamin B1: 0.28mg (18.78%), Vitamin E: 2.68mg (17.86%), Potassium: 614.11mg (17.55%), Iron: 2.78mg (15.47%), Vitamin B5: 1.39mg (13.89%), Zinc:

1.94mg (12.96%), Vitamin B2: 0.2mg (11.75%), Calcium: 79.92mg (7.99%), Vitamin B12: 0.18µg (2.98%), Vitamin A:
128.31IU (2.57%)