



Asian Chicken Manicotti Salad

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



453 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup water chestnuts canned chopped
- ☐ 5 cups coleslaw mix
- ☐ 1.5 cups chicken breast strips/pre-cooked/chopped cooked finely chopped
- ☐ 2 tablespoons creamy peanut butter
- ☐ 1 cup bean sprouts fresh finely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 0.5 cup peanuts chopped

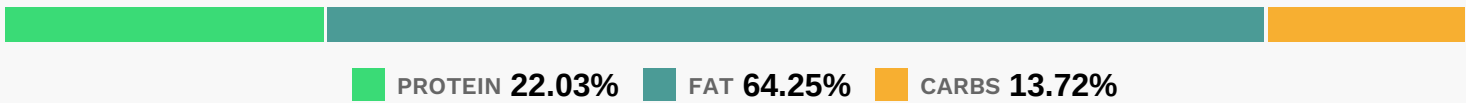
- ☐ 2 tablespoons vinegar
- ☐ 8 shells uncooked
- ☐ 1 tablespoon soya sauce
- ☐ 0.3 cup vegetable oil

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:2.34, Inflammation Score:-6, Nutrition Score:22.874782555777%

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: 452.57kcal (22.63%), Fat: 33.38g (51.35%), Saturated Fat: 5.56g (34.73%), Carbohydrates: 16.03g (5.34%), Net Carbohydrates: 10.58g (3.85%), Sugar: 5.4g (6%), Cholesterol: 44.63mg (14.88%), Sodium: 347.99mg (15.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.75g (51.5%), Vitamin K: 108.78µg (103.6%), Vitamin B3: 11.87mg (59.35%), Manganese: 0.88mg (43.93%), Vitamin C: 36.02mg (43.66%), Vitamin B6: 0.6mg (30.16%), Folate: 108.79µg (27.2%), Phosphorus: 269.94mg (26.99%), Selenium: 18.16µg (25.94%), Fiber: 5.46g (21.83%), Magnesium: 83.37mg (20.84%), Vitamin E: 2.65mg (17.64%), Vitamin B1: 0.25mg (16.98%), Copper: 0.32mg (15.98%), Potassium: 547.21mg (15.63%), Iron: 2.39mg (13.3%), Vitamin B5: 1.26mg (12.6%), Vitamin B2: 0.18mg

(10.69%), Zinc: 1.52mg (10.14%), Calcium: 73.62mg (7.36%), Vitamin B12: 0.18µg (2.98%), Vitamin A: 128.31IU (2.57%)