



Asian Chicken Noodle Salad

READY IN



25 min.

SERVINGS



4

CALORIES



555 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups bok choy shredded
- ☐ 2 tablespoons butter melted
- ☐ 5 ounce water chestnuts drained canned
- ☐ 1 cup rotisserie chicken breast meat diced cooked
- ☐ 5 green onions thinly sliced
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup pinenuts
- ☐ 3 ounce ramen noodle pasta crushed
- ☐ 0.3 cup rice wine vinegar

- ☐ 12 pods snow peas
- ☐ 1 tablespoon soya sauce
- ☐ 0.5 cup sunflower seeds
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup sugar white

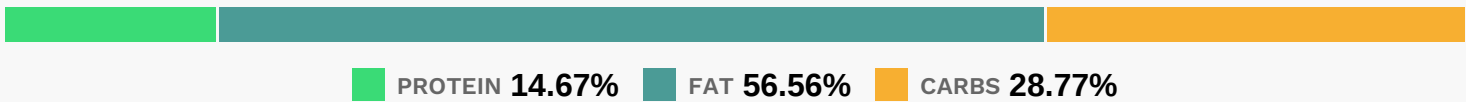
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). In a large bowl, mix the noodles, sunflower seeds, and pine nuts with melted butter until evenly coated.
- ☐ Spread the mixture in a thin layer on a baking sheet.
- ☐ Bake 7 to 10 minutes in the preheated oven, stirring occasionally, until evenly toasted.
- ☐ Remove from heat, and cool slightly.
- ☐ In a large bowl toss together the noodle mixture, bok choy, green onions, chicken, water chestnuts, and snow peas.
- ☐ Prepare the dressing by blending the oil, vinegar, soy sauce, sugar, and lemon juice.
- ☐ Pour over salad, and toss to evenly coat.
- ☐ Serve immediately, or refrigerate until chilled.

Nutrition Facts



Properties

Glycemic Index:71.02, Glycemic Load:15.48, Inflammation Score:-10, Nutrition Score:31.37652180441%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 555.25kcal (27.76%), Fat: 36.09g (55.52%), Saturated Fat: 7.99g (49.95%), Carbohydrates: 41.29g (13.76%), Net Carbohydrates: 36.31g (13.21%), Sugar: 16.48g (18.32%), Cholesterol: 44.8mg (14.93%), Sodium: 798.4mg (34.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.06g (42.12%), Manganese: 2.13mg (106.44%), Vitamin K: 76.72µg (73.07%), Vitamin E: 8.91mg (59.42%), Vitamin A: 2726.19IU (54.52%), Vitamin B3: 8.55mg (42.74%), Vitamin B1: 0.6mg (39.75%), Vitamin C: 30.84mg (37.38%), Phosphorus: 358.35mg (35.83%), Vitamin B6: 0.68mg (34.21%), Copper: 0.67mg (33.4%), Magnesium: 130.69mg (32.67%), Selenium: 21.81µg (31.16%), Folate: 119.66µg (29.91%), Iron: 4.34mg (24.11%), Fiber: 4.98g (19.9%), Zinc: 2.86mg (19.08%), Potassium: 597mg (17.06%), Vitamin B2: 0.27mg (15.85%), Calcium: 100.41mg (10.04%), Vitamin B5: 0.83mg (8.26%), Vitamin B12: 0.18µg (3.07%)