



Asian Chicken Salad

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup lite catalina dressing kraft
- 2 cups chicken breasts cooked chopped
- 1 Tbsp creamy peanut butter
- 2 green onions chopped
- 1 bell pepper red cut into strips
- 0.1 tsp sesame oil
- 1 cup snow peas halved
- 1 tsp lite soy sauce

0.5 lb pasta like spaghetti

Equipment

bowl

whisk

Directions

Cook spaghetti as directed on package, omitting salt; drain.

Place spaghetti in large bowl.

Add next 4 ingredients; mix lightly.

Whisk remaining ingredients until blended.

Pour over salad; mix lightly.

Nutrition Facts



PROTEIN 27.66% **FAT 22.28%** **CARBS 50.06%**

Properties

Glycemic Index:33.75, Glycemic Load:17.59, Inflammation Score:-8, Nutrition Score:21.214782319639%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 463.7kcal (23.18%), Fat: 11.19g (17.22%), Saturated Fat: 2.22g (13.9%), Carbohydrates: 56.58g (18.86%), Net Carbohydrates: 53.15g (19.33%), Sugar: 12.61g (14.01%), Cholesterol: 59.5mg (19.83%), Sodium: 545.22mg (23.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.26g (62.51%), Selenium: 55.57µg (79.38%), Vitamin C: 53.91mg (65.34%), Vitamin B3: 11.62mg (58.12%), Manganese: 0.7mg (35.03%), Vitamin B6: 0.65mg (32.54%), Phosphorus: 305.21mg (30.52%), Vitamin A: 1272.31IU (25.45%), Vitamin K: 20.3µg (19.33%), Magnesium: 68.36mg (17.09%), Fiber: 3.44g (13.74%), Potassium: 459.71mg (13.13%), Iron: 2.3mg (12.76%), Vitamin B5: 1.25mg (12.5%), Copper: 0.25mg (12.32%), Zinc: 1.77mg (11.81%), Folate: 44.53µg (11.13%), Vitamin B1: 0.16mg (10.84%), Vitamin B2: 0.17mg (10.2%), Vitamin E: 1.22mg (8.11%), Calcium: 41.6mg (4.16%), Vitamin B12: 0.24µg (3.97%)