



 **51%**
HEALTH SCORE

Asian Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



4

CALORIES



751 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons southeast asian fish sauce
- 1 head boston lettuce
- 1 small carrots halved
- 0.3 cup cashew pieces toasted chopped
- 1.5 pounds chicken breasts halves skinless
- 1 tablespoon broth from poaching chicken
- 4 cups chicken broth low-sodium homemade canned
- 1 teaspoon asian chili paste such as sambal oelek

- 0.5 cup cilantro leaves roughly chopped
- 2 sprigs coriander
- 2 kirby cucumbers diced seeded
- 1 tablespoon ginger fresh freshly grated peeled
- 4 coins ginger fresh
- 1 cup grape tomatoes halved
- 0.3 medium jicama diced peeled
- 2 juice of lime juiced
- 0.3 teaspoon kosher salt
- 2 tablespoons olive oil extra-virgin
- 1 scallion white green thinly sliced (and)
- 3 scallions
- 1 tablespoon soya sauce

Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Put the ginger, coriander, scallions, carrot, and chicken breasts in a medium saucepan. Cover with the broth, and bring just to a boil. Lower the heat to very low and cover. Poach the chicken for 20 minutes or until firm to the touch.
- Remove the pan from the heat, uncover, and cool the chicken in the liquid, about 30 minutes. Bone and pull the chicken into bite-size pieces. Save the broth.
- Toss the chicken with the remaining salad ingredients and toss with the dressing. Wrap about 1/3 cup of the salad in a lettuce leaf.
- Serve 3 to 4 lettuce leaves per person with a wedge of lime if desired.

Whisk the lime juice, ginger, soy, chili, fish sauce, salt and broth in a small bowl. Gradually whisk in the oil, starting with a few drops and then adding the rest in a steady stream, to make a dressing.

Nutrition Facts

PROTEIN 50.33% **FAT 39.23%** **CARBS 10.44%**

Properties

Glycemic Index:78.26, Glycemic Load:2.32, Inflammation Score:-10, Nutrition Score:44.155652502309%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

Nutrients (% of daily need)

Calories: 750.99kcal (37.55%), Fat: 32.15g (49.46%), Saturated Fat: 7.25g (45.31%), Carbohydrates: 19.26g (6.42%), Net Carbohydrates: 14g (5.09%), Sugar: 6.27g (6.96%), Cholesterol: 211.44mg (70.48%), Sodium: 1854.86mg (80.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 92.81g (185.62%), Selenium: 94.97µg (135.66%), Vitamin B3: 23.83mg (119.17%), Vitamin K: 103.82µg (98.88%), Vitamin B6: 1.93mg (96.3%), Vitamin A: 4618.71IU (92.37%), Phosphorus: 802.21mg (80.22%), Zinc: 7.21mg (48.05%), Potassium: 1614.04mg (46.12%), Vitamin B12: 2.41µg (40.09%), Magnesium: 155.97mg (38.99%), Vitamin C: 30.8mg (37.33%), Vitamin B5: 3.12mg (31.21%), Iron: 5.54mg (30.75%), Vitamin B2: 0.5mg (29.43%), Copper: 0.54mg (26.82%), Manganese: 0.51mg (25.66%), Folate: 91.11µg (22.78%), Fiber: 5.26g (21.02%), Vitamin E: 2.86mg (19.04%), Vitamin B1: 0.26mg (17.5%), Calcium: 105.22mg (10.52%), Vitamin D: 0.38µg (2.5%)