



Asian Chicken Salad

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium carrots thinly sliced
- 0.5 cup chow mein noodles
- 1 tablespoon ginger grated peeled
- 2 tablespoons dijon honey mustard
- 4 servings kosher salt
- 1 pound napa cabbage cut into bite-size pieces
- 0.3 cup rice vinegar (not seasoned)
- 4 scallions thinly sliced

- 3 tablespoons sesame oil
- 1 pound chicken thighs boneless skinless
- 0.3 pound snow peas
- 2 tablespoons soya sauce
- 3 tablespoons vegetable oil

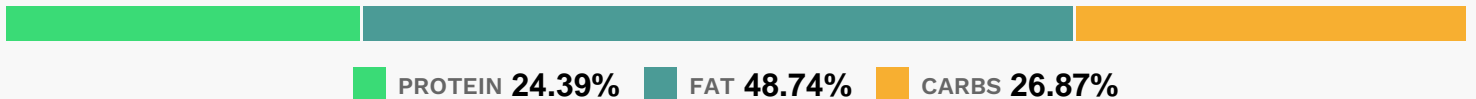
Equipment

- bowl
- whisk
- grill
- cutting board

Directions

- Whisk the vinegar, soy sauce, honey mustard and ginger in a medium bowl, then add the vegetable and sesame oils in a slow stream, whisking until combined. Toss the chicken with 1/4 cup of the dressing in another bowl; let marinate 10 minutes at room temperature.
- Remove the chicken from the marinade (discard the marinade) and grill until cooked through, 4 to 5 minutes per side.
- Transfer to a cutting board; let rest 5 minutes. Meanwhile, toss the cabbage, carrot, scallions and snow peas with the remaining dressing in a large bowl.
- Cut the chicken into 1/2-inch pieces and toss with the salad. Season with salt. Top with the chow mein noodles.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:47.71, Glycemic Load:1.51, Inflammation Score:-10, Nutrition Score:26.318260566048%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 489.32kcal (24.47%), Fat: 26.25g (40.39%), Saturated Fat: 4.29g (26.8%), Carbohydrates: 32.56g (10.85%), Net Carbohydrates: 28.03g (10.19%), Sugar: 5.96g (6.62%), Cholesterol: 107.73mg (35.91%), Sodium: 1044.22mg (45.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.56g (59.12%), Vitamin K: 106.06µg (101.01%), Vitamin A: 3363.29IU (67.27%), Vitamin C: 50.87mg (61.66%), Vitamin B6: 0.86mg (43.11%), Selenium: 26.79µg (38.26%), Vitamin B3: 7.54mg (37.69%), Folate: 118.42µg (29.6%), Phosphorus: 282.89mg (28.29%), Potassium: 713.14mg (20.38%), Manganese: 0.4mg (20.24%), Vitamin B2: 0.31mg (18.4%), Fiber: 4.53g (18.12%), Iron: 3.26mg (18.09%), Vitamin B5: 1.78mg (17.8%), Zinc: 2.19mg (14.61%), Vitamin B1: 0.21mg (14.16%), Magnesium: 56.43mg (14.11%), Calcium: 126.86mg (12.69%), Vitamin B12: 0.73µg (12.1%), Vitamin E: 1.6mg (10.69%), Copper: 0.16mg (8.05%)