



## Asian Chicken Salad

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon dijon mustard
- 0.3 cup soya sauce
- 1 tablespoon sesame oil
- 0.5 pound napa cabbage cut into 1-inch pieces (3 1/2 cups)
- 1 cucumber seedless quartered cut into 1/ pieces (usually plastic-wrapped)
- 0.3 pound snow peas
- 1 tablespoon ginger fresh finely grated peeled
- 1 pound chicken shredded cooked

- 2 tablespoons seasoned rice vinegar
- 1 teaspoon pepper dried red hot
- 2 tablespoons vegetable oil
- 0.5 cup cilantro leaves fresh chopped
- 3 spring onion finely chopped

## Equipment

- bowl
- whisk

## Directions

- Whisk together all vinaigrette ingredients.
- Toss salad ingredients with vinaigrette in a large bowl until combined well.

## Nutrition Facts

**PROTEIN 39.15%** **FAT 49.95%** **CARBS 10.9%**

## Properties

Glycemic Index:34.67, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:14.299130605615%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

## Nutrients (% of daily need)

Calories: 220.82kcal (11.04%), Fat: 12.22g (18.79%), Saturated Fat: 2.45g (15.33%), Carbohydrates: 6g (2%), Net Carbohydrates: 4.29g (1.56%), Sugar: 2.52g (2.8%), Cholesterol: 56.7mg (18.9%), Sodium: 636.64mg (27.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.54g (43.08%), Vitamin K: 54.74µg (52.13%), Vitamin B3: 6.76mg (33.81%), Vitamin C: 24.5mg (29.7%), Selenium: 20.18µg (28.84%), Vitamin B6: 0.48mg (24.17%), Phosphorus: 197.86mg (19.79%), Vitamin A: 659.54IU (13.19%), Folate: 51.88µg (12.97%), Manganese: 0.26mg (12.77%), Potassium: 433.58mg (12.39%), Iron: 2.01mg (11.19%), Vitamin B2: 0.19mg (11.09%), Vitamin B5: 1.11mg (11.07%), Zinc: 1.49mg (9.96%), Magnesium: 39.49mg (9.87%), Vitamin B1: 0.12mg (7.97%), Fiber: 1.71g (6.85%), Calcium: 64.63mg (6.46%), Copper: 0.12mg (6.06%), Vitamin E: 0.74mg (4.95%), Vitamin B12: 0.22µg (3.65%)