



Asian Chicken Salad

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups bean sprouts
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 0.3 cup celery diced
- ☐ 1 teaspoon ground ginger
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup scallions chopped
- ☐ 4 chicken breasts diced boneless skinless cooked

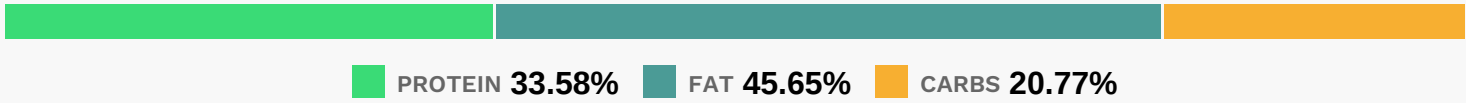
- ☐ 1.5 cups snow peas
- ☐ 5 teaspoons soya sauce
- ☐ 0.1 teaspoon sugar
- ☐ 0.3 cup vegetable oil

Equipment

Directions

- ☐ Combine the chicken, bean sprouts, snow peas, and scallions. Make a dressing using the oil, soy sauce, ginger, salt, pepper, and sugar.
- ☐ Add to the chicken mixture.
- ☐ Add the celery and water chestnuts and mix well.
- ☐ Serve chilled.

Nutrition Facts



Properties

Glycemic Index:30.18, Glycemic Load:0.18, Inflammation Score:-5, Nutrition Score:14.489999833314%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 218.91kcal (10.95%), Fat: 11.19g (17.22%), Saturated Fat: 1.85g (11.59%), Carbohydrates: 11.45g (3.82%), Net Carbohydrates: 8.68g (3.16%), Sugar: 3.66g (4.07%), Cholesterol: 48.21mg (16.07%), Sodium: 426.08mg (18.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.52g (37.05%), Vitamin B3: 8.64mg (43.22%), Vitamin K: 40.17µg (38.26%), Vitamin B6: 0.73mg (36.71%), Selenium: 25.09µg (35.85%), Vitamin C: 20.14mg (24.41%), Phosphorus: 203.9mg (20.39%), Manganese: 0.33mg (16.25%), Vitamin B5: 1.46mg (14.58%), Potassium: 467.57mg (13.36%), Fiber: 2.77g (11.1%), Iron: 1.76mg (9.78%), Magnesium: 37.12mg (9.28%), Vitamin E: 1.33mg (8.89%), Vitamin B2: 0.15mg (8.83%), Folate: 35.05µg (8.76%), Vitamin B1: 0.12mg (7.73%), Copper: 0.15mg (7.4%), Vitamin A: 354.23IU (7.08%), Zinc: 0.87mg (5.81%), Calcium: 25.67mg (2.57%), Vitamin B12: 0.15µg (2.51%)