



## Asian Chicken Salad

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup vegetable oil
- 0.3 cup citrus champagne vinegar
- 2 teaspoons soya sauce
- 1 tablespoon sugar
- 0.5 teaspoon pepper
- 0.5 teaspoon ground ginger
- 0.3 teaspoon salt
- 1 serving vegetable oil

- 5.3 oz vermicelli (bean threads)
- 0.5 head lettuce shredded
- 3 cups roasted chicken cooked
- 0.3 cup spring onion sliced
- 1 medium carrots shredded
- 1 tablespoon sesame seed toasted

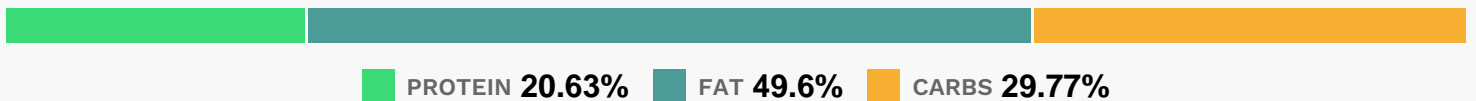
## Equipment

- bowl
- dutch oven

## Directions

- In tightly covered container, shake all dressing ingredients until well blended.
- Heat oil (1 inch) in 4-quart Dutch oven to 425°F. Fry one-fourth of the noodles at a time in oil about 5 seconds, turning once, until puffed; drain.
- In large bowl, mix lettuce, chicken, onions and carrot.
- Pour dressing over salad.
- Add half of noodles; toss. On serving plates, spoon salad over remaining noodles.
- Sprinkle with sesame seed.

## Nutrition Facts



## Properties

Glycemic Index:43.82, Glycemic Load:2.13, Inflammation Score:-8, Nutrition Score:12.478695631027%

## Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

## Nutrients (% of daily need)

Calories: 363.69kcal (18.18%), Fat: 19.88g (30.58%), Saturated Fat: 3.59g (22.42%), Carbohydrates: 26.84g (8.95%), Net Carbohydrates: 25.55g (9.29%), Sugar: 3.5g (3.89%), Cholesterol: 52.5mg (17.5%), Sodium: 276.83mg (12.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.6g (37.21%), Vitamin K: 47.63µg (45.36%), Vitamin A: 1995.25IU (39.9%), Vitamin B3: 5.9mg (29.51%), Selenium: 19.87µg (28.38%), Vitamin B6: 0.35mg (17.55%), Phosphorus: 168.82mg (16.88%), Manganese: 0.24mg (11.94%), Iron: 2.01mg (11.15%), Zinc: 1.4mg (9.32%), Vitamin E: 1.39mg (9.27%), Potassium: 289.01mg (8.26%), Vitamin B1: 0.12mg (8.02%), Vitamin B5: 0.79mg (7.89%), Vitamin B2: 0.13mg (7.69%), Copper: 0.14mg (7.04%), Magnesium: 27.17mg (6.79%), Folate: 23.33µg (5.83%), Fiber: 1.3g (5.18%), Calcium: 44.11mg (4.41%), Vitamin B12: 0.2µg (3.38%), Vitamin C: 2.69mg (3.26%)