

Asian chicken salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



100 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 chicken breast boneless skinless
- ☐ 1 tbsp fish sauce
- ☐ 1 tbsp lime zest
- ☐ 1 tsp sugar
- ☐ 100 g the salad mixed
- ☐ 1 large handful cilantro leaves roughly chopped
- ☐ 0.3 onion red thinly sliced
- ☐ 0.5 pepper flakes deseeded thinly sliced

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0.3 cucumber halved sliced

Equipment

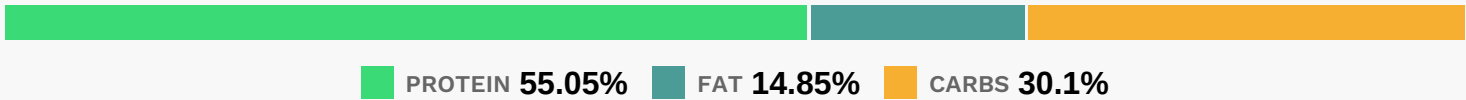
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frying pan

Directions

- ☐ Cover the chicken with cold water, bring to the boil, then cook for 10 mins.
- ☐ Remove from the pan and tear into shreds. Stir together the fish sauce, lime zest, juice and sugar until sugar dissolves.
- ☐ Place the leaves and coriander in a container, then top with the chicken, onion, chilli and cucumber.
- ☐ Place the dressing in a separate container and toss through the salad when ready to eat.

Nutrition Facts



Properties

Glycemic Index:110.55, Glycemic Load:2.28, Inflammation Score:-7, Nutrition Score:11.331738974737%

Flavonoids

Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 99.5kcal (4.98%), Fat: 1.65g (2.53%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 7.5g (2.5%), Net Carbohydrates: 6.7g (2.44%), Sugar: 4.19g (4.65%), Cholesterol: 36.16mg (12.05%), Sodium: 788.35mg (34.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.72g (27.44%), Vitamin C: 32.12mg (38.93%), Vitamin B3: 6.57mg (32.87%), Vitamin B6: 0.6mg (29.78%), Selenium: 19.3µg (27.58%), Vitamin A: 856.87IU (17.14%), Phosphorus: 156.98mg (15.7%), Potassium: 441.79mg (12.62%), Magnesium: 45.1mg (11.28%), Vitamin B5: 1.02mg (10.23%), Vitamin K: 10.66µg (10.15%), Folate: 37.28µg (9.32%), Manganese: 0.18mg (8.9%), Vitamin B2: 0.11mg (6.68%), Vitamin B1: 0.08mg (5.37%), Copper: 0.1mg (4.89%), Iron: 0.88mg (4.87%), Zinc: 0.58mg (3.87%), Fiber: 0.81g (3.22%), Vitamin B12: 0.16µg (2.6%), Calcium: 25.53mg (2.55%), Vitamin E: 0.26mg (1.7%)