



WHATSheATE



Asian Chicken Salad

READY IN



45 min.

SERVINGS



4

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons almonds sliced
- ☐ 2 tablespoons butter
- ☐ 2 cups rotisserie chicken breast boneless skinless coarsely chopped
- ☐ 0.5 teaspoon chile paste with garlic
- ☐ 0.5 cup torn cilantro leaves fresh
- ☐ 1 tablespoon sesame oil dark
- ☐ 1 teaspoon bottled ground ginger fresh
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons soya sauce low-sodium

- ☐ 1 teaspoon mustard chinese
- ☐ 4 cups napa cabbage thinly sliced
- ☐ 5 ounce japanese curly noodles crumbled (chucka soba)
- ☐ 1 cup orange sections fresh jarred drained
- ☐ 2 cups cabbage red thinly sliced
- ☐ 1.5 tablespoons rice vinegar

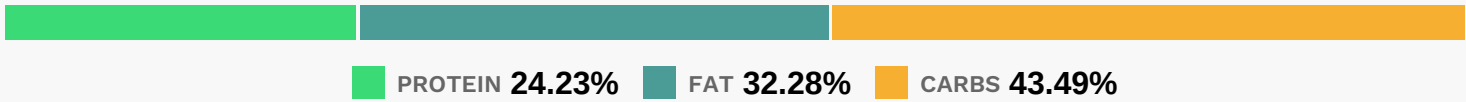
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add almonds; saut 1 minute.
- ☐ Add noodles; saut 3 minutes or until almonds and noodles are toasted. Set aside.
- ☐ Combine soy sauce and next 6 ingredients (through chile paste) in a large bowl, stirring with a whisk.
- ☐ Add cabbages, chicken, and cilantro; toss gently to coat. Top with oranges and almond mixture.

Nutrition Facts



Properties

Glycemic Index:93.69, Glycemic Load:15.99, Inflammation Score:-9, Nutrition Score:26.067826364351%

Flavonoids

Cyanidin: 93.5mg, Cyanidin: 93.5mg, Cyanidin: 93.5mg, Cyanidin: 93.5mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg

Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg
Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg,
Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin:
12.26mg, Hesperetin: 12.26mg Naringenin: 6.92mg, Naringenin: 6.92mg, Naringenin: 6.92mg, Naringenin: 6.92mg
Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.15mg, Luteolin: 0.15mg,
Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg,
Isorhamnetin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin:
0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin:
1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 399.3kcal (19.97%), Fat: 14.53g (22.35%), Saturated Fat: 4.88g (30.48%), Carbohydrates: 44.04g (14.68%),
Net Carbohydrates: 39.11g (14.22%), Sugar: 12.61g (14.01%), Cholesterol: 63.05mg (21.02%), Sodium: 456.3mg
(19.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.53g (49.06%), Vitamin C: 71.4mg (86.55%),
Selenium: 48.46µg (69.23%), Vitamin K: 56.98µg (54.27%), Vitamin B3: 9.41mg (47.05%), Vitamin B6: 0.94mg
(46.87%), Manganese: 0.94mg (46.79%), Phosphorus: 309.1mg (30.91%), Folate: 98.42µg (24.6%), Vitamin A:
1174.27IU (23.49%), Potassium: 817.54mg (23.36%), Magnesium: 81.37mg (20.34%), Fiber: 4.94g (19.74%), Vitamin
B2: 0.27mg (15.82%), Vitamin B5: 1.56mg (15.57%), Vitamin E: 1.98mg (13.22%), Vitamin B1: 0.2mg (13.08%), Calcium:
128.76mg (12.88%), Copper: 0.24mg (12.21%), Iron: 1.85mg (10.29%), Zinc: 1.51mg (10.09%), Vitamin B12: 0.16µg
(2.7%)