



Asian Chicken Salad



Dairy Free



Popular

READY IN



35 min.

SERVINGS



6

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast halves shredded boneless cooked
- ☐ 2 tablespoons brown sugar
- ☐ 3 green onions chopped
- ☐ 1 head iceberg lettuce dried rinsed chopped
- ☐ 8 ounce rice noodles dried
- ☐ 3 tablespoons rice vinegar
- ☐ 1 tablespoon sesame oil
- ☐ 1 tablespoon sesame seed toasted

- ☐ 2 teaspoons soya sauce
- ☐ 0.3 cup vegetable oil

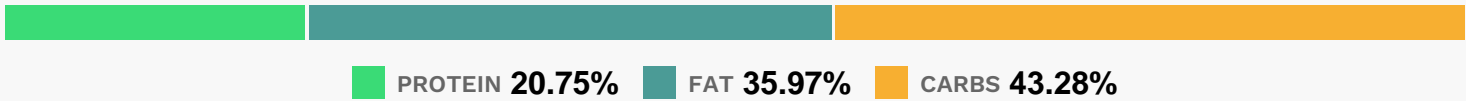
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Prepare the dressing 30 minutes ahead of time by combining the brown sugar, soy sauce, sesame oil, salad oil, and rice vinegar in a salad dressing carafe.
- ☐ To prepare the Chinese rice noodles, heat a skillet with a few tablespoons of oil and break off a little bit of the noodles and add them to the skillet and fry them. They will puff up in the skillet, so only add a few at a time. As they begin to puff up, remove and drain them on paper towels. Be sure to cook long enough as the under cooked noodles will be like eating needles. Once cooked, add them to the salad mixture.
- ☐ In a large bowl combine the iceberg lettuce, cooked and shredded chicken, green onions and toasted sesame seeds.
- ☐ Let chill about 10 minutes, and just before serving add the cooked rice noodles.
- ☐ Serve in salad bowls and offer the dressing in a pourable container so your family can add as much dressing as they want. You can also pour the dressing over the top of the salad, toss, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:18.57, Inflammation Score:-5, Nutrition Score:14.15434798987%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.92mg,

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Nutrients (% of daily need)

Calories: 364.37kcal (18.22%), Fat: 14.38g (22.12%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 38.92g (12.97%), Net Carbohydrates: 36.91g (13.42%), Sugar: 5.83g (6.48%), Cholesterol: 48.21mg (16.07%), Sodium: 279.27mg (12.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.66g (37.33%), Vitamin K: 51.24µg (48.8%), Selenium: 30.5µg (43.58%), Vitamin B3: 8.23mg (41.13%), Vitamin B6: 0.63mg (31.37%), Phosphorus: 247.69mg (24.77%), Manganese: 0.37mg (18.56%), Potassium: 449.26mg (12.84%), Vitamin B5: 1.19mg (11.92%), Vitamin A: 533.5IU (10.67%), Magnesium: 37.53mg (9.38%), Folate: 35.73µg (8.93%), Fiber: 2.01g (8.05%), Vitamin B1: 0.11mg (7.45%), Vitamin E: 1.12mg (7.45%), Iron: 1.27mg (7.08%), Copper: 0.14mg (6.84%), Vitamin B2: 0.12mg (6.79%), Zinc: 0.99mg (6.59%), Vitamin C: 4.55mg (5.51%), Calcium: 48.26mg (4.83%), Vitamin B12: 0.15µg (2.51%)