



Asian Chicken Salad Cups

 Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons almonds sliced
- 0.5 head cabbage shredded finely
- 1 teaspoon chile-garlic sauce sriracha® (such as)
- 0.5 cup corn kernels
- 12 dinner rolls
- 0.3 cup cilantro leaves fresh chopped
- 0.5 teaspoon garlic minced
- 2 green onions chopped

- 0.1 teaspoon ground ginger
- 2 teaspoons ground pepper black
- 0.5 teaspoon honey
- 1.5 tablespoons juice of lemon
- 0.5 cup mayonnaise
- 1 teaspoon paprika
- 1 teaspoon pepper flakes red
- 2 tablespoons rice wine vinegar
- 1 teaspoon salt
- 0.5 teaspoon sesame oil
- 2 chicken breast halves shredded boneless skinless cooked
- 1 tablespoon sugar white

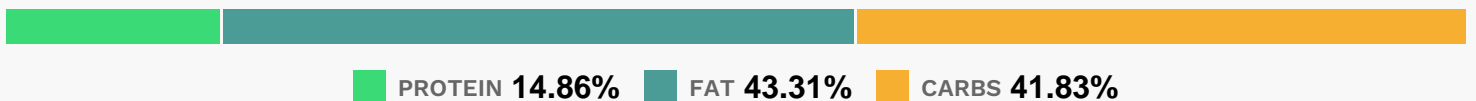
Equipment

- bowl
- whisk

Directions

- Combine chicken, cabbage, corn, cilantro, green onions, and almonds in a bowl.
- Whisk mayonnaise, rice vinegar, lemon juice, sugar, black pepper, salt, chile-garlic sauce, paprika, red pepper flakes, garlic, sesame oil, honey, and ginger in a separate bowl until sugar has dissolved.
- Stir dressing into chicken mixture to thoroughly coat salad with dressing.
- Hollow out dinner rolls to make small bowls; fill rolls with salad to serve.

Nutrition Facts



Properties

Glycemic Index:34.78, Glycemic Load:1.51, Inflammation Score:-5, Nutrition Score:12.736086889454%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 241.17kcal (12.06%), Fat: 11.78g (18.13%), Saturated Fat: 2.01g (12.54%), Carbohydrates: 25.61g (8.54%), Net Carbohydrates: 22.29g (8.11%), Sugar: 3.82g (4.24%), Cholesterol: 15.97mg (5.32%), Sodium: 545.04mg (23.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.2%), Vitamin K: 51.22µg (48.78%), Manganese: 0.63mg (31.65%), Selenium: 20.82µg (29.74%), Vitamin B3: 4.02mg (20.1%), Vitamin C: 15.42mg (18.69%), Vitamin B1: 0.23mg (15.55%), Fiber: 3.32g (13.28%), Folate: 48.98µg (12.24%), Vitamin B6: 0.24mg (11.99%), Vitamin B2: 0.19mg (11.46%), Phosphorus: 114.18mg (11.42%), Iron: 2.05mg (11.38%), Calcium: 104.17mg (10.42%), Vitamin E: 1.34mg (8.93%), Magnesium: 34.48mg (8.62%), Potassium: 234.37mg (6.7%), Copper: 0.12mg (5.88%), Vitamin B5: 0.57mg (5.74%), Zinc: 0.71mg (4.74%), Vitamin A: 227.79IU (4.56%)