



Asian Chicken Salad Lettuce Cups

 Dairy Free

READY IN



15 min.

SERVINGS



24

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups roasted chicken cooked finely chopped
- ☐ 0.3 cup spring onion diagonally sliced
- ☐ 8 oz water chestnuts drained sliced finely chopped canned
- ☐ 0.5 cup satay sauce (from 7-oz bottle)
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 24 small boston lettuce leaves (3 inch) ()
- ☐ 0.5 cup roasted peanuts salted chopped

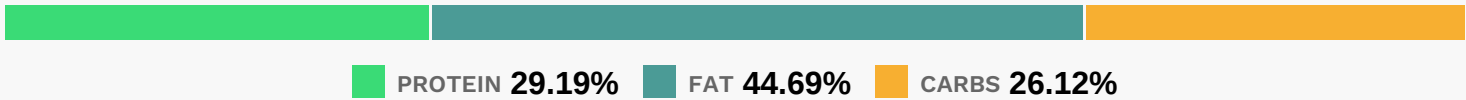
Equipment

☐ bowl

Directions

- ☐ In medium bowl, mix all ingredients except lettuce and peanuts.
- ☐ Spoon about 2 tablespoons chicken mixture onto each lettuce leaf.
- ☐ Sprinkle with peanuts.

Nutrition Facts



Properties

Glycemic Index:1.33, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:3.6930434729742%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 60kcal (3%), Fat: 3.01g (4.63%), Saturated Fat: 0.45g (2.81%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 3.1g (1.13%), Sugar: 1.4g (1.55%), Cholesterol: 8.75mg (2.92%), Sodium: 93.96mg (4.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.84%), Vitamin K: 17.55µg (16.72%), Vitamin A: 527IU (10.54%), Vitamin B3: 1.49mg (7.46%), Manganese: 0.12mg (6.01%), Selenium: 3.3µg (4.72%), Vitamin B6: 0.09mg (4.63%), Folate: 17.13µg (4.28%), Phosphorus: 42.56mg (4.26%), Fiber: 0.86g (3.42%), Iron: 0.55mg (3.08%), Potassium: 107.87mg (3.08%), Magnesium: 10.67mg (2.67%), Copper: 0.05mg (2.28%), Zinc: 0.33mg (2.21%), Vitamin B5: 0.2mg (2.01%), Vitamin B2: 0.03mg (2.01%), Vitamin B1: 0.03mg (1.86%), Vitamin C: 1.01mg (1.22%), Calcium: 11.58mg (1.16%)