



## Asian Chicken Salad with Cellophane Noodles

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup carrots finely grated
- 4.5 ounces vermicelli (bean threads, available at Asian markets and many supermarkets)
- 4 cups poached chicken shredded (from 3 pounds chicken breasts)
- 2 cucumbers peeled seeded chopped
- 4 large garlic cloves
- 0.5 cup juice of lime fresh
- 1 tablespoon peanut butter
- 1.3 teaspoons pepper flakes dried red hot

- 0.3 cup coarsely roasted peanuts crushed to taste
- 0.5 teaspoon salt
- 0.3 cup soya sauce
- 1 tablespoon sugar
- 0.3 cup vegetable oil

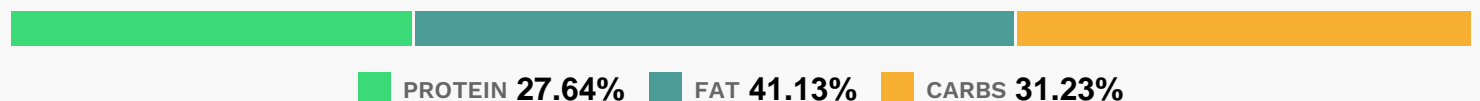
## Equipment

- bowl
- blender

## Directions

- In a large heatproof bowl pour boiling water to cover over the noodles and let them stand for 10 minutes.
- Drain the noodles and arrange them on a platter or divide them among 6 plates. In a bowl combine the chicken, the carrot, and the cucumbers.
- Make the dressing: Mince and mash the garlic to a paste with the salt. In a blender blend together the soy sauce, the lime juice, the sugar, the peanut butter, the red pepper flakes, and the garlic paste, with the motor running add the oil in a stream, and blend the dressing until it is emulsified.
- Pour 1/2 the dressing over the chicken mixture. Toss the salad well, and arrange it in the center of the noodles. The salad may be made 1 day in advance and kept covered and chilled.
- Just before serving top the salad with the peanuts.
- Serve the remaining dressing separately.
- Serve the salad at room temperature or chilled.

## Nutrition Facts



## Properties

Glycemic Index:31.82, Glycemic Load:2.61, Inflammation Score:-10, Nutrition Score:20.811739151892%

## Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 375.25kcal (18.76%), Fat: 17.34g (26.67%), Saturated Fat: 2.87g (17.95%), Carbohydrates: 29.62g (9.87%), Net Carbohydrates: 27.02g (9.82%), Sugar: 5.22g (5.8%), Cholesterol: 64mg (21.33%), Sodium: 922.77mg (40.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.21g (52.42%), Vitamin A: 3799.75IU (76%), Vitamin B3: 12.76mg (63.79%), Selenium: 35µg (50%), Vitamin B6: 0.93mg (46.66%), Phosphorus: 305.4mg (30.54%), Vitamin K: 27.52µg (26.21%), Manganese: 0.46mg (23.14%), Potassium: 714.69mg (20.42%), Vitamin B5: 1.96mg (19.62%), Magnesium: 65.94mg (16.48%), Vitamin C: 12.34mg (14.95%), Vitamin B1: 0.19mg (12.41%), Copper: 0.22mg (10.93%), Vitamin E: 1.58mg (10.53%), Fiber: 2.6g (10.39%), Vitamin B2: 0.17mg (10.21%), Folate: 38.93µg (9.73%), Iron: 1.71mg (9.47%), Zinc: 1.22mg (8.12%), Calcium: 50.67mg (5.07%), Vitamin B12: 0.2µg (3.33%)